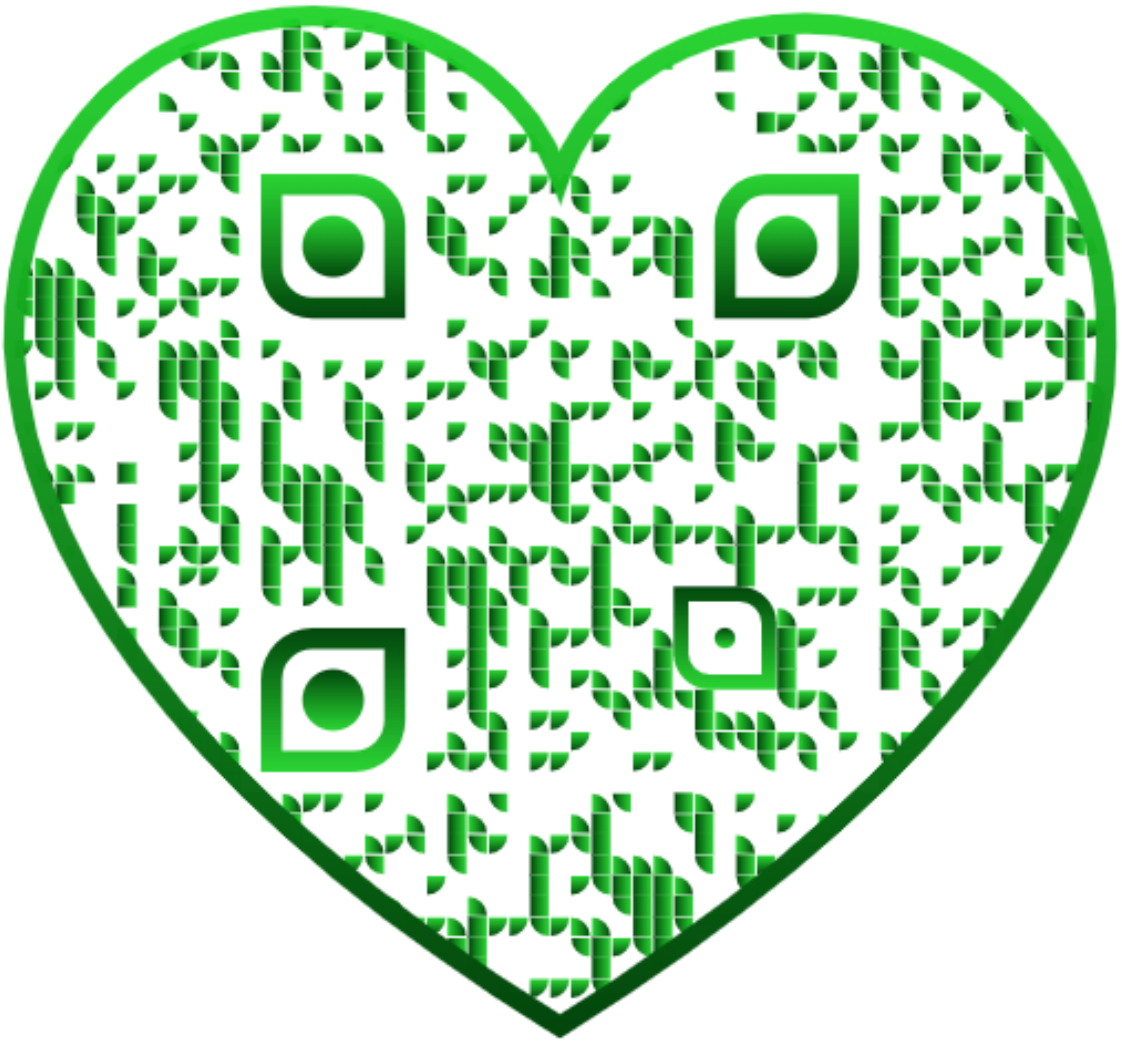
TELOS

ORIGINAL Transmissions from the Subterranean City beneath Mt. Shasta

New Expanded Edition

Dianne Robbins



585-802-4530

Contents

Dedication
In Appreciation
A Note About the Revised Edition
Foreword

Part One:
Beginnings

1. Welcome
Welcome from the Hollow Earth (Mikos, through Suzanne Mattes)
A Word from the Author
A Word About Telos
Welcome from the Confederation of Planets
Welcome from Adama

2. Our Lemurian Past
Q: How old are you now?
Q: How did your Justice System evolve?
Q: Did the Lemurians know of Atlantis' plan for their demise?
Q: Why didn't the Lemurians return to the surface instead of remaining underground?
Q: Why move into Mt. Shasta, when there was the whole Inner Earth, with oceans and mountains, where you could have lived?

3. Our Galactic Connection
Q: Why have our subterranean brothers and sisters abandoned us all these thousands of years and not come to our aid?

Part Two:
Physical Nature and Telos Lifestyle

4. Our Physical Being

Q: What do the people in Telos look like?
The Fountain of Youth Is Located in Your Own Mind
Q: Why do you want to stay in the same physical body for so long?
Q: Are our bodies Electrical? Is this what you mean when you say, “We are all light”?
In Telos, We Restore Lost Limbs

5. Use of Astral Projection and Telepathy

Q: How do our thoughts reach you?
Message to the Annual WESAK CELEBRATION in Mt. Shasta

6. Our Days in Telos

Awakening to Who You Are
Q: All our households on the surface duplicate everything we use. Is it this way in Telos?
Q: Is there a lot of celebrating in Telos?
We Bring Our Dreams to Fruition During Our Lifespans of Hundreds and Thousands of Years
All We Dream, We Create
Q: Do you have locks on your doors?
Q: Will I ever be able to live in Telos?

7. Our Governing System

Q: How is Telos governed?
Your Tax System Is Fraudulent
We Are Free of Income Taxes

8. Buildings and Technology

Our Houses Are Round
We Use Crystals to Navigate Inside of the Globe
Q: Where does your water supply come from?
Q: What kind of technology do you have?
Saint Germain on Subterranean Technology
The Surface Population Is Still in the Dark Regarding Past Lives
We Go on Jaunts into Outer Space
Our Computer System Links Us to the Confederation

9. Food Production and Consumption

Q: How do you grow and distribute your food in Telos?
Q: Do you cut down trees for paper?

10. Climate, Weather, and Affecting Thoughts

Our Climate Is a Factor in Our Evolution
There Is a Connection Between Your Lives and the Weather
Your Erratic Weather Patterns Are a Reflection of Your Thoughts
Your Thoughts Can Move Mountains

Part Three:
Travel and Transportation

11. Electromagnetic Vehicles and Underground Passageways

Q: Will you tell us about the tunnels and your transportation system?
We Use Electromagnetic Vehicles to Travel Through Earth's Tunnels
Q: How do you get to the underground city in Mt. Shasta?

12. Polar Openings

Q: Are there polar openings at the north and south poles of the planet Earth? And if so, is there a path that is best to take through the Arctic regions, such as through the Hudson Bay route and north from there?

13. Visiting the Surface

We Come and Go Freely on the Mountaintop
Q: Are you opening the tunnel entrances to Telos?
Q: Where will you stay when you come to the surface?

Part Four:
Mission of Assistance

14. Our Merging Civilizations

You Can Ask to Come to Telos
Mother Earth's Sacrifice

15. Surface Destruction and Government Cover-up

Chemical and Biological Warfare
Mines Planted on the Surface
Q: When can we come to Telos?

16. Beloved-Earth Changes
The Dance of Light
Earth Changes Require a Lot of Rest
We Have Chosen Immortality
17. God's Plan for Us All
Christ Consciousness
Using Your Divinity to Navigate
Q: Why are there so many people on Earth today?
18. Co-Partners in the Light
Humanity Is on Fire with the Light of Consciousness
Cities of Light Are Strewn Across America
I Teach Classes on the Inner Planes at Night
We Can See Each Other's Light
The New Millennium
19. Our Collective Purpose in Love
Q: What is our purpose here?
Love Is the Glue
Q: How would you describe God to us?
Peace Reigns on Most Planets
We Monitor Your Surface

Part Five:
Reunion

20. We Have Entered the Photon Belt
21. Further Update of the Ascension Plans

Part Six:
Telos and the Earth's Interior

22. Complexion of the Inner Earth
Q: Are all planets hollow?
(answered by Ashtar from the Galactic Command)
Q: What do the oceans and mountains look like on the inside of the globe?

The Tunnels and Spaceport in the Hollow Earth

23. Inner Earth Beings

Adama Talks About the Inner Earth Beings Who Live in the Hollow Earth

Part Seven:
Messages from the Hollow Earth

24. The Inner Earth Beings Speak

25. Mikos Speaks from the Library of Porthologos, Beneath the Aegean Sea

Our Library Holds the Records of the Universe
The Story of the Hollow Earth Inhabitants
We Once Lived on Another Solar System

Part Eight:
New Messages 2007

26. Inner Earth Dialogues

Our Messages Are About Love
It Is All About Community
Reuniting with Your Soul Family Extended Family Living Accelerates Your Climb in Consciousness
Clarity Helps You Navigate
Whatever You Perceive You Receive
Align With the Will of Your Creator
Connect With the Weather Spirits
Q: Can you tell us about the Weather People?
Q: What is in the Eye of a Hurricane?
Endless Days
The Flower People from the Hollow Earth
Putting Crystals in Water
Q: What are your days like?
Q: What are the best materials to build houses with on the surface?
Q: Are you managing Nature in the Hollow Earth, or do you leave it untouched?

Q: Do you eat only living food with the Life Force, or do you also use heat for cooking?
Q: What is the difference between your trees and your plants?
Q: Is there rain in the Hollow Earth to water the plants and trees? Why are there droughts in some areas of the surface and flooding in others?
Q: Are there hydroponics in each community?
Q: What animals are inside the Earth?
Q: How do we overcome environmental destruction?
Q: How were Life Forms brought to Earth?
Q: Why is the Earth getting warmer and unstable? Is it from the Sun's increased frequency, the increase of CO_2., the dimensional leap through the Photon Belt, the pollution and destruction of Earth, or because of a natural/cosmic change?
Q: Do Telos and other cities in the Inner Earth exist physically?
Q: What is the difference between the Inner Earth and the Hollow Earth?
Q: Why are we skipping the fourth dimension when we move into the fifth dimension?
Consciously Guiding Your Thoughts
Sunday Chat
Q: When we feel confusion and anxiety in our life, where does it go?
Cosmic Stock Report
All You See Is in Change
We Wait for You at the Gates of Telos
Gates to Telos—A Portal of Entry
Jade Healing Temple
My Energy Covers the Mountain
I Am the Mountain
Your Mountain Home
Secrets of the Subterranean Cities, by Juliette Sweet
The Agartha Network
Capitol Cities
Spotlight on Telos

Other Books by Dianne Robbins

The Call Goes Out from the Cetacean Nation
Messages from the Hollow Earth

Tree Talk
Messages from the Crystal Kingdom
About the Author

Foreword

Beloved Readers,

We had parted from (but were still in sight of) our delightful newfound friends when a solitary male figure coming down the slope caught our attention. “That looks like St. Germain,” said my friend; leaving me blank, since I had never seen his picture. The man clad in a simple light-purple robe stopped, smiled, and nodded acknowledgement, hands together. On later viewing St. Germain’s photographs, I am ever more fully confident it was He.

We sat with the Lemurians again later, walked down the mountain with them to the main Panther Meadow parking area where words of the friendly “aliens” quickly spread. Rapidly, they were surrounded with perhaps 30 people firing questions. With their same grace and profundity, they satisfied everyone of their validity. The next day, they showed up again as promised, allowing three meetings with us, for a total of four to six hours of fascinating talks with them.

I was utterly astonished, to say the least, when I recently came

across the Telos book, validating everything they told us then, clarifying and offering solutions to every problem on Earth.

Perhaps other physical contacts with them will come to light. **In all sobrieties, I predict that the Telos book is the book that humanity has been waiting for, and will outsell all other books in history.** I mean this with my heart. This utterly unexpected “Gift” from God is indeed a more dramatic story than the “Second Coming” itself. We, as surface dwellers, can utilize this divine help from below to prepare, enhance and guarantee the speedy arrival of the return of the Christ Consciousness on this planet.

It is my opinion that every person who reads this book will assist in raising the mass consciousness threefold. Please share the Telos book with everyone you meet and assist the ushering in of the seventh golden age of Love, Peace, Enlightenment and true Brotherhood.

Sincerely,
At the crack of the Dawn of Light,
Ellis Princeton Winton
California, U.S.A.
Year 2000

Part One:
Beginnings

1. Welcome

Welcome from the Hollow Earth (Mikos, through Suzanne Mattes)

What you hold in your hands is no less than a collective miracle between WE of the Subterranean Community and the author of this book. It is a miracle of love, dedication, and heart-felt desire between kinsman and family. I am privileged and honored to be able to come forward to present this collaborative effort on behalf of Telos and those of us who dwell beneath the surface on this beautiful planet which you call Earth.

My name is *Mikos,* and I am a resident of the city of Catharia. I am a Catharian from the Library of Porthologos, located in the HOLLOW EARTH beneath the Aegean Sea. This communiqué is in honor of the publication of the messages from our sister-colony, TELOS.

Our sister city, Telos, has established a long-term link with those of you from the surface. Many of the residents from Telos live and work among you, just as we do—and have done so for a very long time. How very precious is the bond of hearts in the miracle of love!

Each time a noteworthy archeological trek uncovers a part of that which you call your planetary history, WE of the Subterranean Colonies rejoice in knowing that you are remembering a time when many of us regularly and openly lived among you. Each time you realize that all things are interconnected, from the tiniest element of dirt beneath your feet, to the smallest of life forms within the oceans, to the great expanse of the heavens above you that twinkle with billions of stars, we celebrate.

You as surface dwellers frequently believe you are alone, but you are not. We are not only with you, we are like you. Yet do not assume that everyone who shares this place with you looks like you, or represents your cultures, or supports your sciences, religions, and politics. We kindly let this misconception pass silently among the greater numbers of you, as we do not wish to add yet another shake-up to your people, and create a larger span of place and time between us through the perception of our differences.

Each time you forget to be kind to yourself and each other, each time you fight and are hostile and angry, we send more love to you and this planet so that all may live in harmony despite the unique abilities of physical appearance, location, and lifestyle.

For us to be with you, in heart and mind, is the greatest gift and honor we may have, now and forever. WE, of the Subterranean World, welcome this bridge we are able to create between your society and ours. All life, and all existence, depends upon this bridge.

Celebrate now with each other, and with us, as you read the messages presented within these pages. They represent the past, the present, and the future—a future highly possible for your children and ours. With much love, respect, and joy, we open the bridge and the doors to the One United Earth-World Colonies for Earth.

A Word from the Author

Having spent most of my lifetime feeling out of sync with the rest of society, I began to meditate in 1989. I had taught school for many years, and even with all my degrees and all my education, I still couldn’t make sense of my life on Earth until I connected with my Twin Flame and began receiving inner guidance. Along with this ultimate

connection came the remembrance of who “I AM” and why I am here.

It was a few years after this that I “found” a newsletter written by Sharula Dux, who came to the surface of the Earth from Telos, an underground city inside of Mt. Shasta. She was born in 1725, and presently lives in Santa Fe, NM, with her husband.

In Sharula’s newsletter, she wrote about the Subterranean Cities beneath the Earth’s surface, and told about life in Telos. She wrote that Adama was an Ascended Master and the High Priest of Telos. Upon my seeing the name “Adama”, I couldn’t stop wondering about him. One day I was sitting in meditation thinking about Adama, with my pen and notebook by my side, when I suddenly felt a burst of loving and gentle energy go right through me, almost lifting me up into the air. I then heard the words, “*I am Adama,* speaking to you from Telos.”

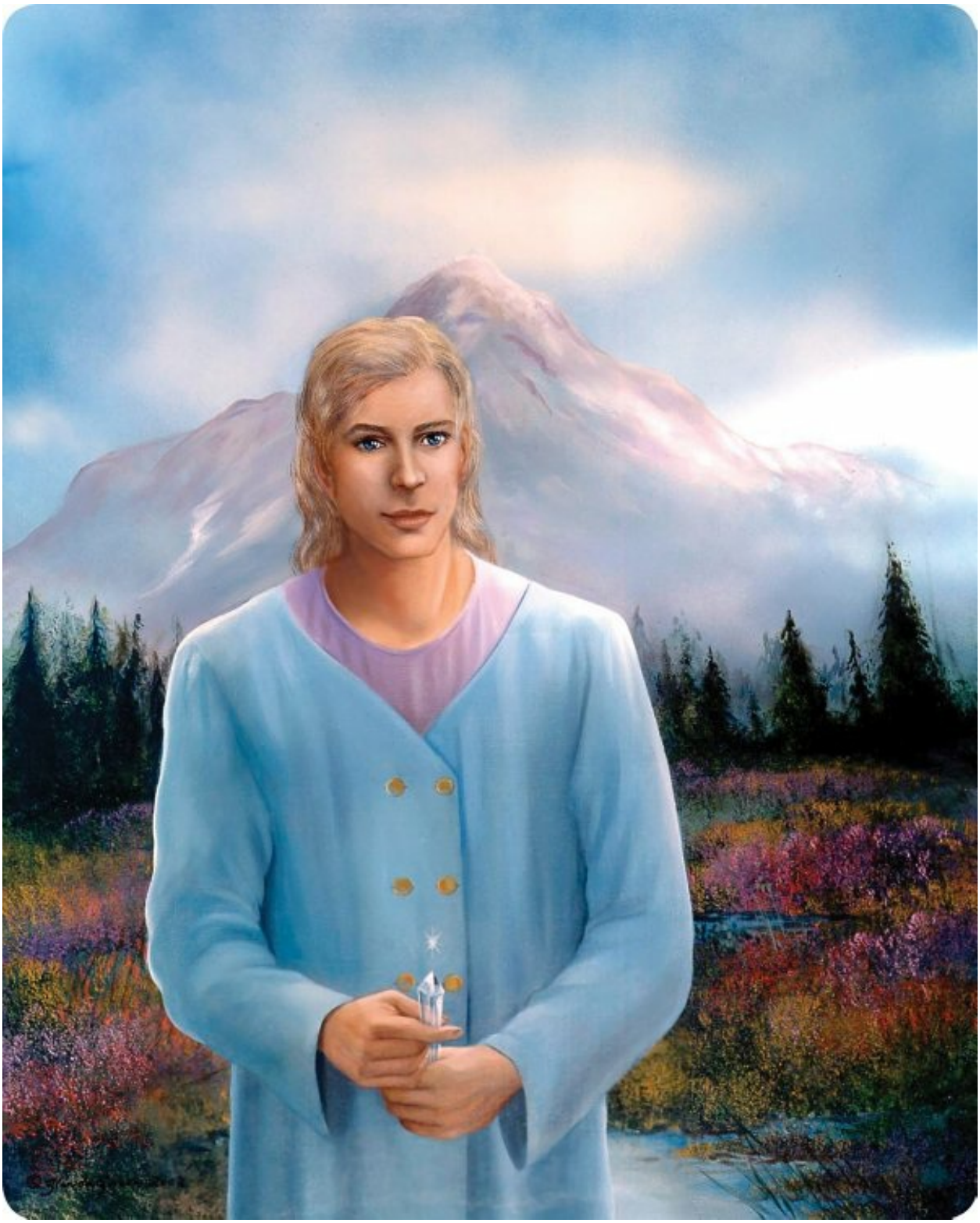
You see, *our thoughts go out into the Universe and instantly connect us to whomever we think about.* So at the moment I thought about Adama, He received my thought and responded. Our thoughts are Light, and this Language of Light is the universal language which operates from within us at the sub-atomic level, through all frequencies, dimensions, time, and space. Wherever our attention is, our consciousness goes. Adama ***felt*** my frequency and resonated to it. I then ***felt*** his response through the Language of Light, and my brain translated his frequency into thought, images, and words.

For me, this was quite a simple process. I was just the receiver, recording the words as they came. My mind was entirely out of the way, neither analyzing nor evaluating nor judging the content of the message.

We each have our own distinct frequency band which identifies us to anyone in the Universe. This is our “signature”, so to speak. All we need to do is think a thought, and it arrives at its destination. This Living Light Language communes between all things, from the sub-atomic to the intergalactic, and connects all of life, everywhere.

Remember, We Are All One. When you think about an Ascended Being like Adama, know that He is instantly aware of your thoughts, and responds immediately. You just have to clear the air waves so you can hear his reply. That is the key.

Adama began to dictate messages to me at scheduled appointment times, and I would write them word-for-word in a spiral notebook. These dictations are still continuing, and I have been guided to compile the messages and have them published. I now understand that as Lailel (my Star name), I have worked with Adama in past ages, and have lived many lifetimes in Telos and in Lemuria.



Adama

A Word About Telos

Telos, a Lemurian colony under Mt. Shasta in northern California, is a city of Light governed by a council of 12 Ascended Masters and its High Priest, Adama. **The name Telos means "communication with spirit".**

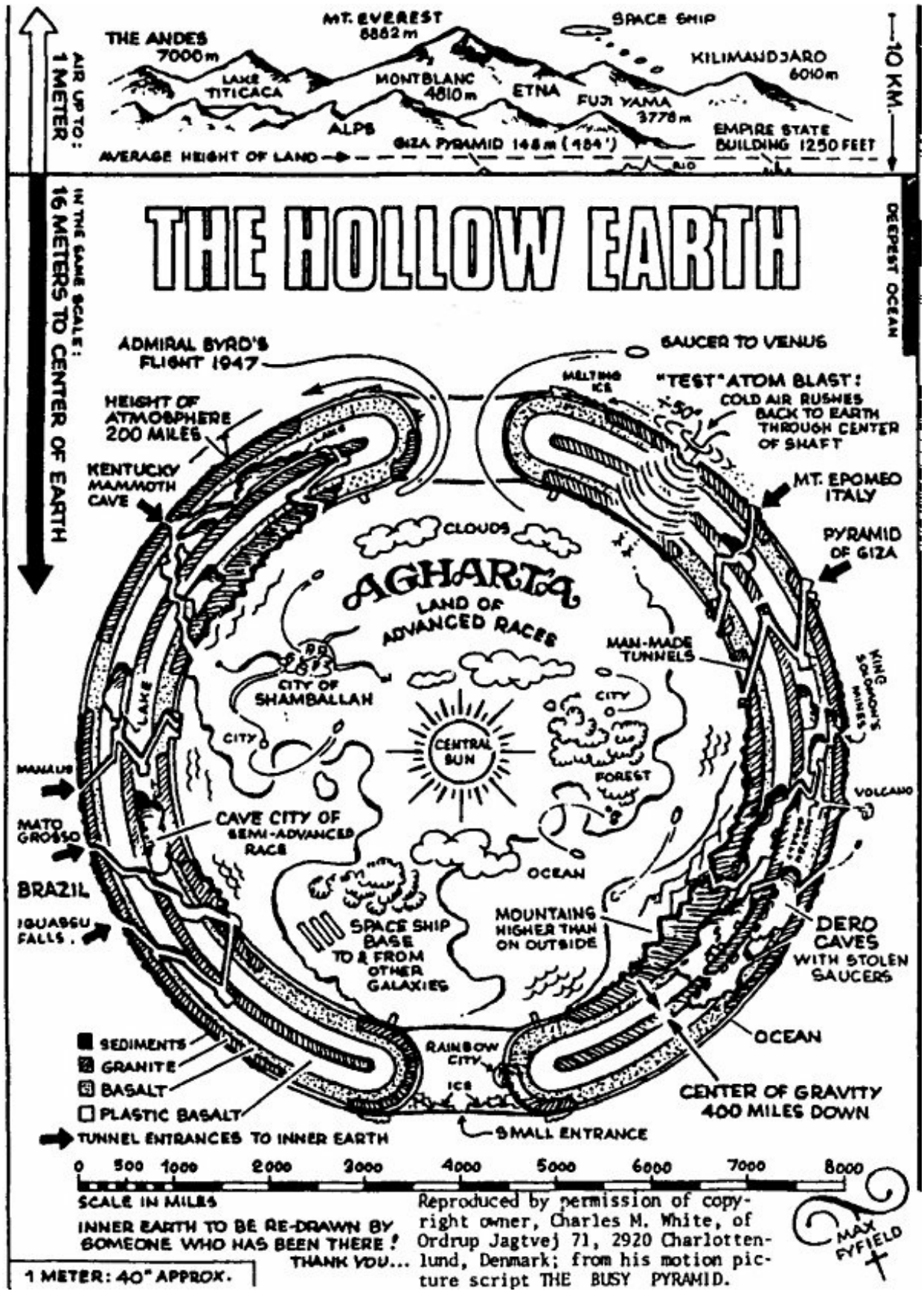
The citizens of Telos, formerly of Lemuria, are working toward the Ascension. They can astral project to any location, and can telecommunicate to anyone in any locality of time and space. In Adama's messages of empowerment, he tells us of our goal: *"to become a Spiritual Warrior, one who acknowledges the Light within, and to reunite humanity into ONE human family. For once humanity feels God's Love directly from within, all will be able to understand their purpose for being here on Earth, and will cease to feel the separation of their soul from God's Light."*

All planets are Hollow, and are inhabited by human life of one vibration or another. The Sun is also Hollow, and is not hot, but cold. Our Earth is Hollow, and contains an Inner Central Sun.

The governing city within the Inner Earth is called Shamballa. It is located inside the very center of the planet, and can be accessed through holes at either the north or south pole of this planet. The northern and southern lights that we see in our skies are actually reflections of Earth's Inner Central Sun, emanating from her hollow core.

There are over 120 Subterranean Cities located within the Earth's crust. These Cities of Light are not far beneath the Earth's surface. As a grouping, these cities are called the Agartha Network. The INNER EARTH BEINGS are highly evolved beings living on the interior surface of the Hollow Earth. They are mostly ascended souls who

have chosen to continue their evolution in the Earth’s inner recesses because of the perfection of conditions existing there.



Reproduced by permission of copyright owner, Charles M. White, of Ordrup Jagtvej 71, 2920 Charlottenlund, Denmark; from his motion picture script THE BUSY PYRAMID.

Although Atlantis and Lemuria have become myths on the surface, the people from Atlantis and Lemuria are flourishing in their underground cities. The people within these colonies are people just like you and me, who are living in the third dimension, just as we are.

Our Milky Way Galaxy is divided into 12 sectors. Our solar system is located in Sector Nine, and this sector contains hundreds of other solar systems. The Ashtar Command, also known as the Galactic Command, is composed of millions of starships and volunteers from many star systems and dimensions in our galaxy. The Galactic Command is part of the Confederation of Planets, and protects this sector of the Milky Way Galaxy. Their purpose is to assist Earth through this current cycle of planetary Ascension. My twin flame is a member of the Galactic Command, and he guides me in my work of reuniting, through awareness and communication, Earth's civilizations —both above and below the surface.

Ashtar is the Confederation of Planets commander for our sector. The Silver Fleet oversees our solar system, and has its spaceport inside of Mt. Shasta. Anton, who is from Telos, is the name of the commander of the Silver Fleet. It is primarily the people from the Subterranean Cities who serve on the Silver Fleet.

Welcome from the Confederation of Planets

"Know who you are. Know you are on a great galactic mission. Know we all travel beside you as one."

Welcome from Adama

"*Greetings from Telos!* We have been telecommunicating with Dianne, giving her messages to publish on our behalf. We urge you to

read the messages in our book, for its purpose is to Awaken you to our Existence, to bring to your Awareness the full consciousness of the Cetaceans, and to Sound the Call to Awaken to the world around you."

"We had journeyed far
to reach our goal in consciousness,
and had to go into the depths of the Earth
to find the true peace we were looking for.
Telos is our home, our haven,
and we don't want to leave it,
not for very long, at least."

"Travel with us, on the Divine path to God,
acknowledging your Divinity
every step of the way,
as we step together,
One step from Below
and One step from Above,
in the Divine walk through life,
meeting as One in the Stars."

2. Our Lemurian Past

Greetings from Telos! I am Adama, Ascended Master and High Priest of Telos, a Subterranean City beneath Mt. Shasta in California. I am dictating this message to you from my home beneath the Earth, where over a million and a half of us live in perpetual peace and prosperity.

We are human and physical just like you, except for the fact that our mass consciousness holds thoughts of only Immortality and Perfect Health. Therefore, we can live hundreds and even thousands of years in the same body. I, myself, have been in the same body now for thousands of years.

We came here from Lemuria over 12,000 years ago, before a thermonuclear war took place that destroyed the Earth's surface. We faced such hardships and calamities above ground, that we decided to continue our evolution underground. We appealed to the Spiritual Hierarchy of the planet for permission to renovate the already existing cavern inside Mt. Shasta, and prepare it for the time when we would need to evacuate our homes above ground.

When the war was to begin, we were warned by the Spiritual Hierarchy to begin our evacuation to this underground cavern by going through the vast tunnel system that's spread throughout the planet. We had hoped to save all our Lemurian people, but there was only time to save 25,000 souls. The remainder of our race perished in the blast.

For the past 12,000 years, we have been able to rapidly evolve in

consciousness, due to our isolation from the marauding bands of extraterrestrials and other hostile races that prey on the surface population. The surface population has been experiencing great leaps of consciousness, in preparation for humanity to move through the Photon Belt. It is for this reason that we have begun to contact surface dwellers to make our existence known. For in order for the Earth and humanity to continue to ascend in consciousness, the whole planet must be united and merged into ONE Light from below and ONE Light from above.

It is for this reason that we are contacting you: to make you aware of our underground existence so you can bring the fact of our existence to the attention of our fellow brothers and sisters above ground. Our book of channeled messages is written to humanity in hopes that they will recognize and receive us when we emerge from our homes beneath the ground, and merge with them on the surface in the not too distant future. We will be grateful to you for the part you play in helping us broadcast the reality of our existence.

Q: How old are you now?

I am from Lemuria, an ancient civilization. At the time of Lemuria's height, I was an Initiate in the Temples that were prominent at that time. After the destruction of Lemuria by Atlantis, I went underground with thousands of others, to establish Telos.

I am no different from you, although I am thousands of years old by now. So, I have had the benefit of many lifetimes all woven into ONE. This has given me great insight and great wisdom, which most people don't begin to gather until the end of their short lifespan.

Living so many years definitely has its benefits. For me, I can astral

project to anywhere I desire. I can also telecommunicate to anyone in any locality of time and space. These are all things that everyone in Telos can do because we've had the benefit of lifetimes of practice. So I am not so different, just more experienced in how to use life's opportunities.

Q: How did your Justice System evolve?

We are here with you in great numbers, over 25 million in all, from all the Subterranean Cities of Light. We are all unified into one great network of Light, called the Agartha Network. This network is vast in its scope, and is responsible for our safety under the Earth. We attend great conferences, convening under the Earth, where our laws are discussed and weighed in the Light of God's Divine Code of Ethics for the Earth. We are a self-regulating "government", formed on the basis of Justice and Equality for all life, whether under or upon the Earth's surface. All cases are weighed individually according to their specific circumstances, and all are judged by God's Light and God's Divine Code of Ethics so that all parties receive the greatest justice, and so that all parties benefit.

Our justice system is millions of years old, based on the original Lemurian system that was used when we lived on the surface in homes and communities similar to yours. We took this form of democracy with us when we decided to go underground 12,000 years ago. Our knowledge is vast, since our lives are long. We still have people alive who are 20,000–30,000 years old, and who, because of their lengthy age spans, remember "all that was" when we lived on the surface. These souls are wise indeed, for they have conscious access to all accumulated knowledge from that time forward. This is one of

the ways we keep our laws pure, for we have the Divine Standard of God to base them on from the past. This was a time when we had reached glorious heights of evolvement.

Fortunately for us, we have been undisturbed beneath the Earth to carry on our evolution in peace and prosperity. Because of this, our evolution on all levels keeps increasing as the years go on. Someday soon, you, too, will be in the position of experiencing life in the peaceful and prosperous way it was meant to be lived. Then you, too, can gain in strength and wisdom, and evolve into the God Beings that you are.

All life needs peace for evolvement to take place. Without peace, species just struggle for survival, and never have “time” to add to the strength and wisdom that they have accumulated. So peace is a necessary factor for evolvement, and evolvement is a necessary factor for the continuation of a species.

All your brothers and sisters are here with you now; albeit, they are still in the higher dimensions, but they are here monitoring and protecting your planet. They are here to guide you on your path of evolvement to the Stars. So look to us, all of us who are here with you, whether from above or below, and call to us for strength and guidance. For we are all here for you, so that all of us, together, will find our way back home into the higher dimensions of Light.

Q: Did the Lemurians know of Atlantis’ plan for their demise?

Yes; however, we were cautioned by the Spiritual Hierarchy not to intercept or provoke a war because of the severe consequences to the Earth. So we waited and prayed, and made plans to evacuate ourselves to the underground caverns. This we did, and were able to

save 25,000 souls. Atlantis did destroy itself in the end. We of Lemuria survive and flourish underground.

Q: Why didn't the Lemurians return to the surface instead of remaining underground?

Know that we no longer cared to live on the surface because the firmament had been destroyed. We realized we could evolve more rapidly underground, where we were protected from the harsh elements and from marauding bands from other star systems. So we chose to remain beneath ground; wouldn't you? We chose to remain underground because of the ravages of the surface weather and hostile climate. We have built a utopia underground, where we are free to evolve. You, too, will experience this utopia soon.

Q: Why move into Mt. Shasta, when there was the whole Inner Earth, with oceans and mountains, where you could have lived?

Know that in those days, the Earth was propagated with many Beings from outer space who came and went through the Inner Earth. It was felt by the Lemurians that we wouldn't have our "privacy", so to speak, if we inhabited the cities in the Inner Earth. We needed our own space to develop and carry on the Lemurian culture without interference from other cultures—and especially without interference from roving bands of renegades from outer space.

Although the Subterranean Cities are confined and restraining, for us they serve as a great protective barrier. Their limitation is our protection, and has allowed us to flourish these past 12,000 years without any interference at all. Mt. Shasta has been our "bubble" of protection, and provided us with the privacy to grow into our evolved race of Superior Beings, while still being able to remain on Earth.

Notice the fragmentation and division that occurs in your cultures that are situated on the surface. They are open to all sorts of invasions, and not just military. Your whole surface society has been vulnerable to the whims and fancies of surrounding cultures; and whatever evolvement there has been, has crumbled due to the encroachment of others.

Therefore, in light of all this, our confinement has served an evolutionary purpose, enabling us to strive for and reach heights of accomplishment that we would never have been able to obtain had we remained on the surface or moved into the Inner Earth.

There were so many factors involved in our decision. Our survival was primary as to why we chose to protect ourselves on all sides by moving into Mt. Shasta. This has proven, beyond a doubt, to have been a wise choice, since we've been totally free to evolve into the Spiritual Warriors of Light that we now are. Someday soon, you, too, on the surface, will have the freedom and protective environment necessary to allow you to evolve into the Light Beings that you are. That is what the Ascension is all about.

3. Our Galactic Connection

You on the surface are situated ABOVE us, and BELOW the Galactic Command. You are receiving Light from above and below. You are between two great Forces of Light. We here in Telos watch over your surface population very carefully, monitoring your movements and reporting back to our councils. We know all that occurs on the Earth's surface.

We embrace the light as it dawns each day, and bless the darkness as it descends on our homes. We bless all of life's activities. We bless this great planet and all its life forms.

We are grateful to be a part of this grand experiment. We are grateful to be a part of the Earth's great training ground, where we are all being schooled in life's evolutionary process. Someday soon, we anticipate your journeying forth to visit us here in Telos, and we anticipate our emergence onto the surface, also. We await this time. We pray for this time when we can be reunited with our brothers and sisters again.

Know that in Telos, we see the light in all its diversity, and we use the light's energy to travel in our astral bodies. We use light in all its ramifications to create and develop our civilization underground. For although it may appear dark to you, in reality the underground is quite lit up! Even the tunnel passages glow softly with our crystal light technology.

When we're underground, we are aware of all that takes place in the Universe. We are connected to all star systems in our galaxy via

our computer lines, similar to your world wide web network. We have a world-wide star network that connects all solar systems in our galaxy. We know what star systems all our brothers and sisters are located in, and know their current state of evolution by tuning into them on our computers. We know all our past lives through our computers, which register all pertinent information through all lifetimes. Our computers are privy to the Akashic Records, and they convert them into readable data.

Once we merge with your surface population, we will bring our computer network system to link you up to the Universe. Then you, too, can study your past lives, and learn and understand the reasons so many things seem to happen to you in this lifetime. Knowing the past explains the present, and enlightens the future.

Q: Why have our subterranean brothers and sisters abandoned us all these thousands of years and not come to our aid?

I will explain the position we hold here in the Subterranean Cities. We came here to evolve unencumbered by negativity. We chose to remain silent because we have seen and experienced the bands of marauders from other star systems, and we wished to be isolated from this so that we could evolve more quickly. We chose our present environment for just that reason. We did not want to expose ourselves to the negativity on the surface.

Ours was an experiment, too. An experiment to see how much and how far we could evolve if we were isolated from war and poverty. Coming to the surface, and intermingling with you, would defeat our existence underground. We would then be bringing these negative energies back underground with us, only to infiltrate our subterranean

system. Do you understand this?

Even if we did surface and bring you our teachings and technologies before now, it would have been in vain. For your mass consciousness was not ready, and would have rejected our teachings, and us, as being from the devil. Know that we could not come to your aid because we, ourselves, would have been destroyed by exposing ourselves to the surface population. So therefore, we remained in the Subterranean Cities, waiting for the time when the mass consciousness could safely accept our teachings, our technologies, and us. Now that the Lightworkers have awakened, and the general population is becoming more aware and more sensitive to the Earth, we can safely bring everything to the surface that we've been guarding for centuries.

We have had enough wars and strife, and we needed to just concentrate on our spiritual growth, and hold the Light securely in place for the planet. We felt this was the best thing we could do, considering the conditions on the surface. Do you understand, now, the reason for our isolation and silence? We did it for our own protection and for yours. Had we not, our home, and teachings, and lives might have been destroyed by now if we had ventured forth to help a sleeping humanity.

We know the dark forces have invaded the surface, and are carrying out abductions underground. We know all that occurs on, and in, the planet. But had we exposed ourselves, we would have been victims, too, leaving no one to guard our teachings and technologies or to carry the Light.

We grasp the seriousness and depth of your concern regarding this

issue, and we wish it could have been otherwise. We wish we could have been on the surface helping you and protecting you. But because of the circumstances, it would have been very unwise to do so. Now that the mass consciousness and energies on the planet are changing, we can (very soon) come to the surface and merge with the Lightworkers for the final stages leading to the Ascension.

We are here to bring you glad tidings of the forthcoming waves of Ascension that are soon to hit your Earth's surface. These waves are being generated from the Creative Force of the Universe, and are in unison with God's Divine Plan for the Earth. You are all receiving higher levels of energy, and your bodies are adapting to these higher wavelengths of frequency. Soon a great wave of energy will descend on your Earth's surface, bringing all life forms into a higher level of consciousness.

We, here in Telos, patiently await this time of increased energy. For it is this elevated consciousness, on your part, that will allow us to surface. There is a Divine Timing involved here, a Divine Time Frame, so to speak, that will allow us to emerge from our protection under the Earth's surface. For until now, we have been Divinely protected in our homes beneath the Earth's crust. We await the directive from the Galactic Command that will put our plan of full emergence into effect. This way, we will be fully protected when we do surface and contact you above ground in our physical third dimensional forms.

Part Two:
Physical Nature and Telos Lifestyle

4. Our Physical Being

Q: What do the people in Telos look like?

We look just like you, although we are perhaps somewhat taller in stature and broader than you are. We are hefty and strong, for we've been on a vegetarian diet for the last 12,000 years. This diet has slowed our aging process to the point where we've stopped getting older. We use our diet and our mind to remain in a youthful state always, which we term "Immortality". We are able to prolong our life for as long as we desire, based on our diet and our belief system of Immortality.

You, too, will be able to do this in the near future; for when we surface, we will bring you the information we have been guarding over eons of time. This information has remained intact and safe in Telos, where we have special containers and rooms for its safekeeping. These special hiding places will all be revealed to you upon our emergence from below.

Know that we all agreed to this plan before we incarnated on Earth, and now is the time to begin implementing it. It is the time we have been waiting for from BELOW and from ABOVE. For we work in unison, and we meet nightly with you on the Inner Planes. That's why when you read this it seems as no surprise to you, and you just nod your head in acceptance and anticipation of all that's to come.

Mighty waves of energy will be coming, that all life ON and IN Earth will soon be experiencing. Hold tight and know that these energies will bring the wonders of the Universe to you, along with our appearance on your surface.

The Fountain of Youth Is Located in Your Own Mind

I lived on the surface many thousands of years. I am centuries old by now, and I keep physically fit regardless of my age. In fact, the older I get, the more physically fit I become. I have an athletic build, and I exercise every day.

We all take great pride in our physical fitness. We are all healthy and strong, and we all “work out”, just as you on the surface do. We have long tunnels connecting our cities, and we use these tunnels to run through when we’re exercising, just as you use long paths on the surface.

You will find that accumulating years (aging) only makes you wiser and stronger—not the opposite. So grow “older” in age with grace and dignity, and maintain your physical prowess, agility, and strength. You will find that the more you do, the more you can always do. Don’t let age limit you or what people say limit you. For you are unlimited.

In Telos, we are still discovering how unlimited we are. We are still finding ourselves delving into the unknown when it comes to our bodies. We keep experimenting with our bodies, and find that we can use our bodies to do so many different things. We are still discovering our inner strength and stamina, and we are still pushing ourselves to the outer limits of what we “thought” we could do.

So, too, with you. You can also explore the outer limits of your physical form by not accepting any limitations when it comes to strength. For our bodies were meant to perform Herculean feats, and maintain health and stability, permanently. So look to your bodies as a “magical form” that can do all you want them to do without pain or limitation. We all know this, and now it is up to you to learn how to

utilize the full physical potential that you are endowed with.

We send you our strength and our love, and we will show you how to “youth” when we join with you on the surface. For the fountain of youth is real, and it is located in your very own mind. I look like a youth, although I am ancient by your standards. You will be surprised and joyous when you discover how easy it is to maintain your youthful appearance. *I am Adama,* youth and sage combined.

Q: Why do you want to stay in the same physical body for so long?

You are a Lightworker on the surface of Earth, and we are Lightworkers beneath the Earth. Know that in Telos, we see your “Light”. We see all Light on the planet through our computer monitors, and are able to track all the Lightworkers on the Surface.

It is indeed very beautiful here in Telos, and a very inspiring place to live. Many of us have been here a long time, thousands of years in fact. Because our lives have been rich and full, we’ve continued in the same physical body for thousands upon thousands of years. Our souls are Immortal, and we can live in the same body for as long as we choose.

You, too, on the surface, will someday be able to do this. That time is rapidly approaching when you will be able to determine the length of your lifespans. This is what the Ascension is all about. It’s about determining how long to remain in a body before moving on. So know that there are glorious times ahead for all of humanity, as you adjust to your Immortality, knowing that you can live forever.

We have known this, and therefore, we’ve adapted to a glorious life

as Immortal Beings experimenting in a human body. This is what you on the surface have been doing, although most of you are not aware of this. Life in Telos is rich and diverse, and a joy to live. Soon, we will be expecting our surface brothers and sisters to be visiting us in our homes beneath the Earth. Until that time arrives, call on me in your meditations, and I will be there with you.

Q: Are our bodies Electrical? Is this what you mean when you say, "We are all light"?

You are all light, as we are all light. What this means is that our bodies are electrical in nature, and react as a battery would in a flashlight. When our vibratory rate reaches a certain frequency, it triggers the Light particles or photons in our body to ignite, so to speak, and it turns on the Light in our bodies.

This is a simple chemical principle, and it works in all things. Once you reach a certain velocity or wavelength, you blaze forth as the Light of the Sun. It is this Light that we connect with, or rather, that connects with us. Our shields are always open and on the alert to receive your Light frequency, and when the connection is made, you become aware of our consciousness as we meld with yours. So, reach to us in your thoughts as we reach to you, as we turn each other on in a great blaze of Light.

In Telos, We Restore Lost Limbs

Know that in Telos, we have the capability of healing all imaginable illnesses, and replacing severed limbs and organs. We work primarily with the etheric body to restore lost limbs and body parts.

It's easy to do, once you understand the Universal Laws of

Creation. If your organs have been removed, or you've had a limb severed in an accident, they can be restored in your physical body again. They always remain in your etheric blueprint. So you never really lose anything in life. All is in safe keeping until you rise in consciousness and understand the Divine Laws of Creation.

5. Use of Astral Projection and Telepathy

We are your fellow brothers and sisters living below the surface of your Earth, and here to help you and to work with you. We also receive instructions from the Hierarchy. We are involved in the process of Ascension just as you are, and we are all gathered here speaking to you.

We come forth this day bearing a message to you from the great city of Telos located beneath your surface. This great city shimmers in the light of day, the light of day as you know it on your Earth. It shimmers and glows with the light from above; with the God light that envelops us all as we live beneath your surface.

We are engaged in many of the same activities as you on the surface. We do the same kinds of things, and we ask the same kinds of questions. We have the same kinds of concerns. We have the same kinds of thoughts; only our thoughts are slightly elevated, as we have the good fortune of being surrounded by, and being in the midst of, The Great Central Sun. For we are connected in our thoughts to The Great Central Sun—to the Great Light of the God of All.

Our thoughts carry us to distant places. ***Our thoughts take us to wherever we project them,*** for we are conscious of our thoughts, and carefully project them out to wherever we wish to be. We have learned this method of ASTRAL PROJECTION, and we practice it daily. And so some of us are here with you now in our consciousness, as we have astral projected to your location where this channeling is taking place. If you feel a certain presence, know it is us, for we are here and we carry forth love from Telos.

We wish you to know that we greet you nightly as you visit us in Telos. You call to us to enter, and we receive you. We always receive you, and we always hear your calls. Whenever you want to visit us, just call to us nightly before you go to sleep, and we will receive you. We receive all who call.

We are a training ground here in Telos. We are a training ground to those Beings who wish to learn from us. The information we have is for all, and we are eager to impart all our learning that we have sacredly preserved throughout the generations for just such a time as this when we can now share it openly with you.

This will be a time when we can share it openly with you at night in your etheric bodies; when we can share it openly with you soon, as we will be bringing it forth to the surface. And we have much to share with you, for we have preserved all the sacred learnings of the past. We have preserved all the technologies. We have preserved all that will make your Earth clean and pure and beautiful again. And so we are so glad to be working with you, for you never work alone—know that. And we are so grateful to be teamed-up with you, and so grateful to you for recognizing the great part that we will be playing on your Earth's journey toward the Light.

We are aglow with happiness and joy to be with you today, and we thank you for making our existence known in your part of the country. We thank you for anchoring the Light in your part of the country. We thank you for the Light as it glows from you, and radiates to all around you, and reflects in the heavens. We leave you for now, and thank you for carrying the Light.

Q: How do our thoughts reach you?

I am here today to welcome you to our readership. We broadcast to you from beneath your Earth, and we invite you to broadcast to us from your thoughts and meditations. For broadcasting thoughts to a designated place allows us to communicate. Your thoughts enter our energy field and vibrate to our wavelength, where we become aware of your presence and then tune-in using our receptors to capture your transmission.

We are very good at this since we've been practicing receiving telepathic messages from the surface for eons. We use telepathy to tune into your surface to monitor areas that we deem important to the planet's well-being. Your planet is, so to speak, under "siege" right now. The dark forces are being turned back, and the Light is rapidly spreading around the globe. The darkness is on the retreat, and receding daily. As this occurs, more and more of your surface population are awakening to the Light, and beginning to see their lives in a new perspective.

So keep up the hope of a new day dawning, for it shall indeed be so, as we here in Telos know. Thank you for tuning in to our broadcast. I send you Love and Light from Telos.

Message to the Annual WESAK CELEBRATION in Mt. Shasta

Greetings from Telos! I am Adama, High Priest and Ascended Master of Telos, a Subterranean City beneath the ground you stand on. I speak on behalf of all our people underground—all your Brothers and Sisters of Light who live in Subterranean Cities beneath the Earth's surface.

Know that we are all capable of astral projection, and that we have astral projected to this site to unite with you in ONE

CONSCIOUSNESS. We stand united with you as ONE!

We, too, have answered this Clarion Call to gather at this sacred site to celebrate the Wesak Festival. We, too, are participants in Earth's Ascension Plan, and we, too, are Disciples and Initiates on the Path of Ascension. We, too, are participants in this ceremonial activation and initiations taking place over these three Wesak days. So, we are joined with you in totality and in our full consciousness as Disciples and Initiates to receive our initiations along with you, our Brothers and Sisters above ground.

This is a most awesome assemblage, and we are proud to stand here with you to bring TRUTH and LIGHT and LOVE to the Earth. Know that you are all welcome to visit Telos in your etheric forms at night. Just call on Adama, and request entrance.

We remain here with you until the conclusion of these festivities, when the last soul has departed this site.

YOU ARE ALL LIGHT,

AS WE ARE ALL LIGHT,

AND SOON OUR TWO LIGHTS

WILL MERGE INTO

ONE GREAT LIGHT

OF PLANETARY ASCENSION.

Telos Symbol
Courtesy of Lutz Mueller

6. Our Days in Telos

Awakening to Who You Are

We are awake at this early hour of dawn as it spreads across the Earth, carrying the sweet vigor of God's scent of hope and love to humanity. It is the time of birds awakening to the first rays of dawn, and chirping in anticipation of the new day to begin—just as you anticipated a new birth into the world of Earth, to begin a new incarnation filled with hope and love for humanity as you strive on your ever widening path of evolution leading to the stars.

In Telos, our days begin in meditation and prayer, and hope, as we conceive and create the beauty around us and in our lives. We bring all we conceive to fruition, as we, too, climb the path of evolution. The difference is, our climb is in heightened consciousness, for we are aware of our conscious movement on the spiral of life. We evolve consciously; and this is the difference between our civilizations.

As more and more Light envelops the surface of the Earth, you will find yourselves expanding dramatically, and in conscious attunement with Mother Earth as she also expands her consciousness to envelope all living things that reside on, and in, her body of Light. Yes, she is all Light, as you are all Light; as all life is Light in varying states of evolvement. It is this spiritual evolvement that is causing the confusion and chaos on the Earth plane, as those entities who are not prepared to evolve resist the energies that are pouring in. ***When Light is resisted, then pain and confusion exist in the hearts instead.*** So, open your hearts to the in-pouring of Light that is being given to you in this Divine Dispensation to dramatically bring all life up to "heavenly

standards" of Light and Love.

We feel only Love for our brothers and sisters on the surface. We understand your sacrifices and the endurance that is necessary to exist in surface conditions. But it won't always be as it is. You and all life are in the process of changing dramatically, as all life is changing its frequency to Light—pure, white, golden Light from the Inner Heart of God. This is the Light that you already are made of, although most of you have forgotten.

Your many hundreds of thousands of lifetimes are coming together, and you are remembering. This is what "awakening" is all about. It is remembering who you are and where you came from, and why you are here. You came from the higher dimensions with a vision and a dream, and it is your dream that you are trying to remember—the DREAM OF LIFE—the DREAM OF ETERNITY—that is eluding you. **To remember, just focus on yourself and see yourself enveloped in the white, golden light of perfection and beauty, and know this is you. Know that you are beautiful beyond words, and perfect beyond sight. Then bring this beauty and perfection into your vision, and see yourself standing young and tall, and serene and magnificent.** For this picture is who you truly are in all your majesty of Light. In Telos, we see your Light. We see our own Light, and never lose sight of our Immortality. It is our inner sight that is the key to opening the doors of Immortality where we eternally dwell. Opening this door of vision will allow you to walk into the world of Immortality, and dwell there eternally with us as the brothers and sisters that we are.

Sundays are leisurely here in Telos, as we rest, relax, and socialize together. We take long walks and hikes through our tunnel system. We love picnics, and eat outdoors where the weather is always perfect

picnic weather. Our living conditions are ideal, and we are thankful for all we have. We thank the Earth and the stars and all planetary bodies for existing in such harmony and unity with one another; a perfect example for mankind to follow.

I leave you for now, and thank you for connecting to me at this early hour of morning, as the dawn spreads its wings across your sky. I am an early riser, so calling on me at this early hour is most perfect for us to communicate. We love you all with all our hearts, and soon our hearts will merge with yours, as we emerge from our hidden homes beneath the Earth.

Q: All our households on the surface duplicate everything we use. Is it this way in Telos?

In Telos, we share all that we have between households. We are a very integrated community, and delight in sharing our commodities with each other. This enables us to visit and to be together more often. The family isolation that you experience on the surface doesn't exist in Telos. We are one big extended family, borrowing and sharing all we have. For this, truly, is the way to God, knowing that each of us is, truly, ONE. Therefore, we strive to be loving and tolerant to all we come in contact with, no matter what the differences appear to be. For beneath the skin, and in the core, lies the Light of God shining for all eyes to see.

So, it is the eyes of God we look through when viewing one another, and it is the heart of God we feel through when caring for one another. For it is God's Light that we see in all, and it is God's heart that we perceive. This gives us great latitude. It gives us a great expanse in which to practice unconditional love, knowing that it will be

returned many fold.

We are fortunate to have reached this level of unconditional love, and we have spent many lifetimes practicing it. Now that we've achieved Immortality, and can live for hundreds and thousands of years, we have perfected our hearts and can radiate unconditional love continuously. This is our state of Being, and it comes naturally with no thought or effort.

This is one of the many bonuses of living long lives. What we perfect, we use; and what we use, we benefit from. We bring all our life's accomplishments together to use to our advantage to further our evolvement. This is why it is important to achieve Immortality; you then have the decided advantage of putting all your accomplishments to use so that you can truly experience a life of creativity and bliss.

We know you all long for this kind of life, and we will soon be surfacing to show you the way. We will guide you and show you the path of Bliss, where you can all walk, unencumbered, again. We are your brothers and sisters of Light and we love you.

Q: Is there a lot of celebrating in Telos?

I greet you on this beautiful spring day of warmth and wonder. Spring is that time of year that brings hope to all life on Earth. It is a time of beauty that brings our senses to glorious heights of sight and smell. The flowers and trees shed their winter foliage, and dress in their spring gowns of beauty and fragrant scents that are so pleasing.

We also celebrate the spring as a season of awakening to new life, and the potential of realizing new dreams and satisfying new desires. Spring is a harbinger of love, and in Telos, it is a time when we openly

display our love for each other in a myriad of ways. We are always celebrating here in Telos, for we believe in the continuous celebration of life, the continuous celebration of displaying our love for one another and our appreciation to each other for being a mirror to our soul.

We celebrate holidays with our families and friends. We gather together in our houses and have feasts, and give thanks to God for the abundance ON Earth, and IN Earth.

We come together often, at intervals, just to socialize and eat. Our feasts are full of many varied vegetable dishes, since we have eliminated meat from our diet. We dance and sing, and have wonderful festivities in our homes beneath the Earth. We are a very social and gregarious people, always wanting to be together and sharing life's joys. For joy is all we know, and all we allow into our lives. Anything less than joy is just not in our mass consciousness.

We wake up with love in our hearts, and go to sleep at night satisfied with our daily service of love to each other. You on the surface will soon learn to openly display your feelings of love for one another, and to gaze directly in each other's eyes and see the soul behind the gaze, and know that this soul and yours are one.

We Bring Our Dreams to Fruition During Our Lifespans of Hundreds and Thousands of Years

It is early evening here and we begin our dinner with a prayer to God for the abundance we have found in the Earth. Our Earth is a great provider, giving us unlimited amounts of riches from both below and above ground, if you but know how to use the Universal Laws.

Our home life is similar to yours in many simple and diverse ways.

We always give thanks at mealtime, and always eat foods rich in nutrients and Life Force. We like to socialize after meals, and often sing and dance together until dusk, when we go home to our own houses. We go to sleep early, and tend to rise with the dawn. Our schedules vary as our interests differ, and we choose our schedules according to our interests and needs. We are highly responsible when it comes to working, and we arrange our own schedules to fit our lifestyles. Our lifestyles are challenging to us, as we create our dreams during our waking hours and weave them into our reality, and watch them come true during our lifetime. We can easily do this, since our lifetimes are long, and we can bring many dreams to fruition during our lifespan of hundreds and thousands of years.

We are an inventive people by nature, and experiment with life continually as we evolve closer and closer to God. The closer we evolve toward God, the more we experiment with life. And the more we experiment and evolve, the more possibilities appear before us in unending experiences. Experience leads to growth, and growth leads to evolvement. So, our lives are filled with challenges as we continue our evolvement underground. We are fortunate to be able to evolve in security and peace, and soon these two elements will be prevalent on Earth, and you, too, will begin to make mighty strides in evolution.

All We Dream, We Create

In Telos, we grow all our own food using the water and sunlight from our Earth. Our water is sparkling clear, pristine, and clean; and our sunlight is the full spectrum of light, which nurtures and nourishes both plants and our bodies.

We are all healthy and strong, and work hard caring for our

environment. But what we term “work” is different from your definition. For our work encompasses both joy and skill in carrying out our day’s projects. We set aside a certain number of hours to complete our daily work chores, and use the remainder to indulge in our hobbies and creativity.

Creativity plays a large role in Telos, and is on an equal footing with manual labor, for we believe in balancing life’s activities. We believe in participating in all we do with great joy, and indulging our creativity by pursuing all we can by pursuing all opportunities. Through our long lifespans, we have all demonstrated that we can create just about everything we could ever desire. We have all demonstrated our various talents in many different and diverse areas. We utilize all our talents, all our creativity, and all our special skills for the benefit and welfare of all in Telos.

Our lives are very joyous! We spend a lot of time outdoors in our communities. We spend a lot of time socializing and helping each other. We spend a lot of time visiting and training our youth to develop their talents and skills. We are a homogenized group, blending easily and well with one another to reap the fruits that life offers. And life offers a lot. Life offers all you could dream of. Life supplies all you could possibly want.

The purpose of life is to dream, and in the dream, to create all you’ve dreamed. Well, this is what we’ve learned to do. We’ve learned to create the DREAM OF LIFE. For we’ve kept our thoughts pure and in harmony with the Creator. Therefore, ALL WE DREAM, WE CREATE, and ALL WE CREATE, WE HONOR. For all life is sacred, and all of life’s activities are sacred. All we put our mind to, we accomplish. The key to our success is the purity of our thoughts and our love for life.

We know the conditions on the surface are in contrast to the environment in Telos. And yet it's possible for you to live beyond the density you feel on the surface. It's possible for you to fly above the discord and chaos by keeping your sight focused on the Stars, and your heart in tune with the melodies of the Creator.

All of us in Telos are in readiness to receive visitors from the surface. We pray for this time when we can open our doors to all who choose to come here. For in truth, we are all brothers and sisters who have been separated by the Earth's stratum. So, whenever you are weary, just focus on your brothers and sisters in Telos, and draw from us your strength. For we will soon be working alongside of you on the surface, guiding you and showing you all that can be.

Q: Do you have locks on your doors?

We don't lock our doors at night, nor do we have a system of locks and bolts or people patrolling our streets. Indeed, it is very safe here in Telos, as we all know one another as Children of God. So we don't need the devices and systems for protection that you have need of on the surface. When all mankind realizes that all humanity comes from the same source, and that we are all brothers and sisters, then the need for protective devices will recede, and your streets will be safe again. Until that time, do keep your safety features intact, for there is danger on the surface that doesn't exist here in Telos.

Spend time meditating in your homes, and focusing on the Light pouring into your form. You are all Light Beings, here on a journey through life, stopping on Earth for but a brief moment in Eternity. Soon we will be with you on the surface, helping and teaching you all that we know.

With or without safety devices, you are all safe in the hands of God, whether you realize it or not. For in truth, nothing ever can happen to you, for your soul is Immortal and you are on an Eternal journey through life. So rest assured in your Immortality, and be at peace in your heart. I love you.

Q: Will I ever be able to live in Telos?

Know that it is early morning here in Telos, as the Light is gently creeping in. We awaken to our Light of day, just as you on the surface awaken to your Light of day. We awaken to the same Light of day, the Light of the Creator, that showers forth from the heavens above and below. For Light, truly, comes from within, no matter where you are on the planet. Light is the great force of the Creator, and it is our attunement with the Creator that generates this great Light force.

Telos is no different from the surface. Our Light is no brighter than your Light, only that perhaps our hearts are opened wider to the Source of all Creation, and we acknowledge this Source perhaps more consciously than you. So it is our consciousness of where Light flows from that creates the difference, so to speak, in our lifestyles. But as humanity awakens more and more to the Light, there will be more of an integration of our lifestyles, since we are slowly surfacing now, and bringing forth our fuller consciousness of the Creator and His purpose for us all on the Earth.

The time is coming when our two great civilizations will merge; where all technology will be ONE peaceful technology of life, giving substance and holding together the fabric of form necessary to create and satisfy our needs. And so we look forward to this time when more of us will be able to live on the surface, and some of you will be able to

live beneath the surface with us. We welcome this exchange! We pray for this time that is soon coming. If you are interested in coming to Telos at night during your sleep state, just call on me before you go to sleep, and request admission to Telos, and I will receive you. You are all Telepathic Beings, so when you center your thoughts on me and call to me, I hear you. Know this for a certainty, as our channel is just integrating this into her consciousness with a certainty. We leave you for now with blessings from all of us here in Telos.

7. Our Governing System

Q: How is Telos governed?

Know that in Telos, we are governed by a Council of twelve Ascended Masters. This is a magical number. Twelve is the number of completion. All our councils operate on the basis of this number. We convene our councils on a regular basis, according to the needs of our population. Sometimes special meetings are called to meet emergency situations that arise, similar to the surface. All our people actively participate in our type of government on a rotating basis. This experience enables all to develop their leadership skills.

Our councils maintain the extraordinary capability of solving even the most complex of problems, due to the wisdom we have accumulated during our long lifespans. You, too, on the surface, will begin to accumulate wisdom as you live longer and longer lives.

Your Tax System Is Fraudulent

As you know, there is no tax system in the Subterranean Cities or in the Hollow Earth. We are tax free, and everything we need is generously given to us from Mother Earth herself. It seems ludicrous to us to have to pay a tax on fruit from our Mother's garden or grains from her fields, that she yields so generously. We wonder at the reasoning behind taxing the foods that are supplied from the Universal Food Basket of Abundance, and denying people their share.

Here in Telos, all foods and commodities are free, and are freely given or bartered for. This way, everyone has everything they need to live a life where all necessities are met, and which results in freedom

of time to live and develop our creativity. We don't think about money or taxes, so our thoughts are free to roam the universes.

In Telos, we go about business in complete alignment with Universal Laws. We know that your tax system on the surface is fraudulent, so we don't participate in it. We don't ever tax anyone for anything. Our laws and regulations are direct from the Creator, and it is the Creator that we answer to. There's no "middle man" in the way. We bring all our business concerns to our councils, where we resolve conflicts individually and according to Universal Law. This way, only justice is enacted and only justice results. We are very particular about our business connections, and seek only those "contracts" which are aligned with Universal Law. There is no profit ever gained at the expense of another, for we all are that "other", and by protecting others, we protect ourselves.

We are saddened by the state of affairs on the surface. You have become slaves to a corrupt system of usury. You have unwittingly given your power away, and work long hours to pay debts that you don't really owe. We believe in democracy, and the right of all human beings to live in peace and with abundance, and in a system supported by justice for all.

We Are Free of Income Taxes

We acknowledge your sovereignty and desire to be free of income taxes. In Telos we pay no taxes, nor is such a thing ever considered.

We are a free people, each and every one of us, and equally responsible for the economics of our society. Everything we need or use is exchanged through our Barter System. This system acts as an "even exchange", so that we can freely obtain and trade for whatever

we need. This gives us great latitude and freedom in our exchange system, and makes bartering “fun”. No one is deprived of anything, nor is anything ever taken from us.

We value our freedom above all else. We would never allow a system of taxation to exist, for it would deprive us of our inalienable right to life, liberty, and the pursuit of happiness. Sound familiar? You on the surface have been duped by your government into believing that you have to pay taxes. Nothing is further from the truth. For in truth, you established your government so as **not** to be burdened by taxes. You are all free—you just don’t know it.

In Telos, all our goods have equal value, and we “price” things within a certain range so that they can be exchanged for a variety of items. All domestic items are made by us, and we “import” only technological equipment when we need it, and then return it when we’re done. It isn’t necessary for us to “own” everything we use, such as is your custom on the surface. We share what we need, hence “eliminating” the factory production system and long hours of conveyor belt work. Our life is easy, providing all we need in half the work time.

8. Buildings and Technology

Our Houses Are Round

We are your brothers and sisters, contacting you directly from Telos, a Subterranean City beneath Mt. Shasta in California. You are all aware of our location by now, and we are beaming our thoughts to you on the surface. We beam our love to you daily as you go about your business trying to survive on the surface. We go about our daily business, too. Only it isn't on a survival level; it is on a pleasure level, where everything we do is a pleasure to us, since everything here is joy and bliss.

Our homes are just like your homes, although ours are round and made of a certain crystal-like stone that emits light and allows us to see out at all angles and in all directions. They are formed by a substance that prevents others on the outside from looking in, thereby maintaining our privacy at all times. This is most important to us in Telos, for we are private individuals, just as you on the surface are. We are private, and yet we love to socialize and get together in groups for parties, and to just sit around as you do on the surface, visiting with one another.

We are broadcasting to you daily, even minute by minute, sending you our Love and Light so that you, too, can enjoy feelings of great warmth and comfort, and security and peace, as you go about your surface business. Align your thoughts with us, and with the Cetaceans throughout your day; as we both are aligned with all of you, hoping to capture your attention in our thought-frame and to signal back to you our response. So stay alert to us even as you go about your mundane

chores, for all life is connected, and all life is alert to all other life vibrating around it.

There are many of you now on the surface waiting and wondering when Adama and the subterranean people are going to emerge and join with you on the surface as Sharula has already done. Well, we are waiting and wondering that, too. Although the Earth's mass consciousness has risen greatly in a very short space of time, it still is not quite high enough to allow us to safely emerge. So we are reaching out to all of humanity in a great effort of love, to open their hearts to us and to the wonders of the universe that lie hidden in their souls. This is the Great Awakening, and it is an awakening to the wonders of all life in existence, and to the great wonders within us all. For we are all wondrous Beings, full of God's Light and God's Love, just waiting for our reserve to be tapped—for it to spill out to the surface of our consciousness where we can finally grasp our potential of wonderment for ALL WE ARE.

We love you and we await our merging with you soon. Until then, please think of us and send your thoughts through the Earth where they will reach us directly.

We Use Crystals to Navigate Inside of the Globe

Know that in Telos we strive to be in unison with one another daily. This is easy for us to do, for we are conscious of our thoughts and feelings much more than you on the surface are.

We have what you would call a windshield. Our atmosphere is protected by the Light of our thoughts, which are always in harmony with God and the Earth. Our thoughts project a protective layer around us that tempers the elements and brings us the perfection of our

climate. We use crystals to navigate our way around the inside of the globe. We use crystals for all our needs. These crystals direct and guide us, and bring into unison all that we need. Our sky is bright from the projection of our crystals and our thoughts. We don't have clouds or rain. We have an abundance of water for all our needs that is pure and clean, and we bless the Earth daily for this abundance. We go about our daily business in Love and Gratitude for all we have.

You, on the Earth, are afflicted with drought and winds, and drastic temperature changes due to your destruction of the planet and your thought forms. However, this won't last much longer, as the energies that are coming in will soon reverse all this so that you will begin experiencing the Love and the Light that you all deserve to feel. All will be brought into harmony, as you once again feel your Divine Selves emerging into the Light. These changes are reaching a rapid pace, and a crescendo is occurring that will throw you all into the Fifth dimension.

We watch and wait and send you immense thoughts of Love. We leave you for now in the Light of the ONE Creator.

Q: Where does your water supply come from?

The Mighty Atlantic carries the Life Force from the Inner Oceans to your shores. As you inhale its force, you bring energy to your body and to the Earth. This is the great force of life; its waves ever lapping your shores.

In Telos, we use this same energy from the Inner Earth Oceans, which flow through the Earth and into our streams and lakes and caverns underground. We harness this energy, and use it to operate our machinery and create our atmosphere underground. All our

technology is operated naturally, with no residue of pollution or waste. Therefore, our air is always perfectly clear, and clean to breathe. We don't use air filters (purifiers) in our homes, as you on the surface do. We once had openings to the surface bringing in some of our air supply, but the air coming in was getting increasingly polluted, so we shut this system down. We now produce all our own clean air, not depending on the surface openings anymore.

We travel to the Inner Earth and enjoy its oceans and mountains. It's just a short trip for us, taking under an hour through the tunnels. The Inner Earth is a free zone territory where many different Beings congregate. It is luxurious and peaceful, and one of my favorite vacation spots. Adama goes there often on business to take part in Great Council meetings concerning the welfare of Earth.

We have vast reservoirs of water at our disposal from underground lakes. We pipe this water into any location we choose. We have lakes everywhere possible in Telos. We have small lakes and ponds with fresh running waterfalls dotting the landscape. Waterfalls keep the air circulating.

Know that we don't erect dams. We use the water as it pours in, and there is a control mechanism that controls the amount of flow according to our needs. The sizes vary, depending upon the area and its usage.

Q: What kind of technology do you have?

Know that Telos is not that far from you. We are just underground, a mile or so beneath the surface. The Earth is a great conductor, and your telepathic thoughts can easily reach through the Earth's strata to us whenever you wish to connect with us.

Notice the erratic weather patterns on the surface, i.e., how one day it is bright and sunny, and the next day it is blustery, cold and windy. These erratic changes are due to the Earth's shifting into a higher dimension of life. As the Earth shifts, she shakes, and the shaking is what you feel above ground. We here in the Subterranean Cities do not feel these erratic shiftings and shakings, because of the technological structure of our underground environment. Our homes and cities are purposely built to withstand the Earth's movements as She rises in consciousness. Our technology is very advanced compared to the surface, and we have special equipment that perfectly aligns our homes and buildings to the Earth's magnetic grids in such a way that stabilizes our structures so that they are earthquake safe. Otherwise, our cities would have caved in centuries ago.

You, too, will have this Earth-saving technology when we emerge from our cities and come to the surface. We will bring all our technologies with us in an effort to stabilize all structures on the surface where people have gathered in preparation for entry into the Photon Belt. This will be our contribution from BELOW, along with many other wonderful technologies that we will bring, such as a conduit from our water supply below to filter and clean your water supply.

Our pristine clean water comes from the oceans located within the Hollow Earth, where fresh clear water abounds in plentiful supply. We tap this source of water, and use it in Telos and in the other Subterranean Cities for all our needs. There is clean water in the Earth for all who reside on her body, whether internally or externally.

We also have the technology to purify the outer oceans, and clean the

outer air of pollution. We will bring all our technologies with us when the time comes for us to emerge. All is not lost. The Earth will be saved, and will be habitable for all life again, although in this time of which I speak, all life will reside in a much higher state of consciousness in a higher dimension of Light.

These will be some of our contributions from below, as we merge with you from above. We have so much we want to bring to you and to show you, that we, too, become anxious for our emergence to begin. So far, there are just a few of us on the surface, but as your mass consciousness changes, more and more of us will emerge to work with you on the surface; Adama included. Yes, Adama will also be coming to live with you above ground when the time is right. Until then, Adama will continue to monitor your surface condition, and will continue to be apprised by others of all that transpires.

So, call to us, even though we are yet below ground. Let us make a love connection now, so that when we are with you on the surface, we will be familiar and our hearts will be connected as ONE.

Saint Germain on Subterranean Technology

"The tops of the highest buildings are in some places fully 125 feet beneath the surface. Air passages have been kept open, and always give perfect ventilation. Within this SUBTERRANEAN CITY have been perfected some of the most wonderful achievements in chemistry and invention, the outer world has been privileged to receive. **Whenever this has occurred, some worthy man or woman has been found through whom the world has been privileged to receive These Blessings."**

(From the book: *The Magic Presence,* pages 326-327, The Saint Germain Series)

The Surface Population Is Still in the Dark Regarding Past Lives

We are very evolved Beings, living many lifetimes in one. We go about our business in harmony and love, and reap many benefits that accrue during our long lifespans. Our lives span many centuries of your time on the surface; therefore, we're able to accomplish much more in our lives. We can use all our lives to our benefit, because we are able to go back to our previous lives through our amino-based computer system to recall the past. This is a system that's used throughout the Cosmos, and ***Earth is one of the few planets that still is in the dark regarding access to past life experience.*** This is a technology that we, from the underground, will be bringing to your surface when we emerge.

Connecting to your past lives and learning from your lives' lessons is necessary to this current incarnation. So be prepared for this great adventure of tapping into your past lives. There are many other marvelous technologies we will bring that will make your lives so much easier and more joyous than you can imagine. For we've protected all our past-life knowledge that we brought with us when we left Lemuria for the underground cities of Light. Everything has been preserved, and we will bring it all to the surface when we emerge.

We will bring all, and share all; and in the sharing, you will know all and be without fear. For God's love encompasses us all, and God's Light shines on us all; and God only wishes you to evolve as we've had the opportunity to evolve before you. So be prepared to experience the most glorious life you can imagine in tandem with us—your brothers and sisters from your past.

We Go on Jaunts into Outer Space

Adama is here, radiating Love to you from Telos, your sister city beneath the surface of the Earth, under Mt. Shasta in sunny California. Yes, sunny. Our Sun is bright and gives us all the Light we need. Although it doesn't look like the Sun on the surface, it reflects all the Light we need to live and to grow our food. In fact, this Light is a crystal that we brought here from another planet, and it will burn brightly for a million years. So you see, ALL LIGHT IS ONE, no matter what it is composed of, or where it is from. All Light gives off "life rays", and nourishes its inhabitants. So yes, it too, is sunny under the Earth, and we enjoy our "Sun" just as you do on the surface.

The people in Telos report to each other on the condition of our home planet, as we are all employed in the monitoring of it. We all go out on "jaunts" into outer space, where we survey our planet from all angles and time frames. We see the pollution and the disturbance upon Her, and we register these on our computers. This information is then fed back to those of our fleet who are in command of the Earth Operation for processing and consultation. We all take a part in overseeing our planet, and working with the Confederation in this endeavor.

You, too, on the surface, will be doing this soon when our two civilizations merge, and Immortality is the accepted way of Being. Then you, too, will go out on "jaunts" to survey the planet and monitor its life. This will be a great leap for humanity, and we will be ready to train and advise you in this new area of outer space travel. This will be exciting for you; for then you, too, will be able to see your planet first-hand from outer space. You will see the oneness, the connectedness, and the majesty of the universe, and you will be in awe at the greatness and grandeur of God's Plan. This breakthrough will change

the course of history from one of war to one of peace; from one of need to one of fulfillment; from one of travesty to one of majesty.

So come with us, as we all journey together on our home planet and meet in the Sun of God's Light for the benefit of humanity ON and IN the Earth. I welcome you to join us on this trip to the Stars.

Our Computer System Links Us to the Confederation

Know that the Confederation of Planets works closely with the inhabitants of TELOS. Know that we are in constant communication with them through our Computer Systems. Know that we monitor the whole Earth surface and below the surface.

Someday soon, you will have access to this vast computer system that's based on amino acids, and you will be able to plug into our vast monitoring network in the Cosmos. Then you will have the information and guidance you will need to stay in a state of balance and harmony with the Earth. This is all waiting for you, waiting for the energies to bring you and all life forms into the necessary state of consciousness that will allow us to implement this grand plan of bringing forth to you our vast computer system that will network you to the Stars.

9. Food Production and Consumption

Q: How do you grow and distribute your food in Telos?

Know that in Telos, food production takes priority. We are all trained in growing and producing food. We have a very varied diet, eating only those foods that contain the Life Force in them. Hence, we only eat vegetables, grains, fruits, and nuts. All meat is banned. ***You on the surface are still eating dead foods—foods that no longer carry the Life Force.***

All in Telos work in the hydroponic gardens growing our foods. We all take turns developing and experimenting with our crops. Once the food is grown, it is then taken to our distribution center where everyone comes to pick up their supplies.

We don't freeze food as you do on the surface. All our food is eaten fresh, for this is the way that all nutrients are consumed. Every day people pick up their food for the day. It is easier for us to "shop" every day for our food. Since our workday is only four hours long, we have much more time available to tend to our nourishment and health.

We have time to cook nourishing foods, time to exercise, and time to indulge in our creativity. This slower pace has many advantages. We don't have the pressure and stress as you do on the surface. All we do is in harmony and peace. Our lives are tranquil and in tune with the Creator.

All that we use in the production for food consumption is re-used. We have no land fill sites as you do on the surface, because all we use is recycled over and over again. This is the advantage of having

advanced technologies. All that we use, we re-use. For nothing is wasted or over-produced. All is in harmony with nature, and all we do supports nature.

Nature, in her glory and abundance, bears great quantities of food. ***Nature, left alone, produces abundance.*** So, we live close to nature, and follow her rhythms and cycles in the food chain.

First and foremost, we are all trustworthy and responsible workers. We cherish the Earth, and all our food production is carried on in honor and respect for the Earth's resources. We don't use paper or plastics, nor do we wrap our food in any way. Our food is produced and then delivered directly to our distribution centers. This way, all that we use can be immediately replaced. It is all computerized through a master food computer that keeps all of our dietary requirements in mind. Of course, it is all guided and directed by our people who take turns in shifts in different areas of "household" work.

All our food is grown and produced by us. It is pure, and free of chemicals and contaminants. We practice organic gardening, as it is the only way to survive and still retain our full consciousness. We do use containers to store our food, and these containers are used over and over again. We never discard anything, nor do we ever bury anything in our soil; for the Earth is alive also, and we respect and protect her.

So, our way of producing and distributing food is vastly different from yours, as we have technology that far surpasses yours. We thrive on our way of life, and we invite you to join us at our table when you do visit us here. For we shall share our feast of life with you, and you will delight in its simplicity and taste. We welcome you all to Telos,

where we will entertain, and show you the wonders of living in a higher state of consciousness.

Q: Do you cut down trees for paper?

We depend entirely upon our amino acid based computer system to carry out all our activities. We don't use trees for paper, but grow hemp instead. We never cut down a tree, as this would be tantamount to killing another life form. All the products we need we make from hemp. We have many products that you've never heard of on the surface, and we make them using our superior technologies, which are pollution free.

No one here stands in assembly lines for long hours a day. Instead, we have reduced our work days to a minimum of hours, so that we have ample time for extracurricular activities and can rest and play and socialize with others. Socializing is most important to us, and strengthens the fabric of our relationships with one another. Our social structure is what holds our society together. For without binding relationships, a society disintegrates.

Know that you are composed of many layers of Light, the densest of which is the physical layer or physical body. The layers of Light that resonate above the physical, resonate with ever-finer vibrations of Light particles. These layers, together, compose your Light Body. You are vibrating at a higher resonance in your etheric body when you step out of your physical one. Your etheric body is composed of Light particles vibrating at a higher velocity than your physical one.

It is for this body, which is composed of Light vibrating at a higher rate, that you are exercising care and providing nourishment through your eating habits and with the foods you eat. Heavier foods will lower its rate,

while “lighter” raw foods will raise its vibratory rate. You vibrate according to the Light Quotient contained in what your body assimilates. You control your electron spin, so to speak, by what you eat. Your Light Body is accessing the higher dimensions, while your physical body keeps you grounded on Earth.

In Telos, we eat a varied diet of fruits, grains, and vegetables. Our meals are tasty and delicious according to your dietary standards. We serve only organically grown foods, as this is the only way our farms produce food. We are technologically advanced when it comes to food production, and we know how to grow the healthiest foods using the best farming methods. Our technology allows the land to breathe and maintain all its vital vitamins and minerals that are so necessary to good health. We use crop rotation and hydroponic farming to grow all our own food. We don’t import or export foods as you do, and we eat only locally grown crops.

You on the surface are depleting your land, and bringing disease to your bodies as a result of using chemicals in your food chain. We, on the other hand, use only the healthiest crops from the healthiest soil. Our land, water, and air are of the purest form, and result in only the highest quality foods possible on a planet. So our bodies are enriched and rejuvenated after each meal, and we don’t get tired after eating as you do. We also put nutrients directly into our food chain through water.

10. Climate, Weather, and Affecting Thoughts

Our Climate Is a Factor in Our Evolution

We greet you on this fall day in September, when the leaves are turning orange and falling from the trees. In Telos, it is ever green, for our climate never changes! We celebrate spring all year around, for our foliage always stays green and our flowers are always in bloom. Such is the weather pattern in Telos. Our temperatures range from the low 70's to the middle 70's, making it very comfortable each and every day. We're able to wear light clothing all year round, and we never get too hot or too cold. We have created an ideal climate underground, protected from the radiation of your Sun and ravages of inclement weather conditions.

Our stable climate is another factor in our accelerated evolution underground. For this stability gives us a much wider reach in which to develop our talents, and to do what we want to do, when we're inclined to do it. As a result, we can take advantage of our inspirations and act in the moment instead of waiting for the ideal weather conditions in which to pursue some activity. It's a definite advantage that promotes growth in the "now". ***It is always "now", here in Telos, because we've learned the Universal Law of doing and acting in the moment,*** rather than putting things off for a future date—such as you practice on the surface. For life is meant to be lived in the present moment, when you can take advantage of all forces coming together to create an opening and an opportunity for advancement along your path.

Climate plays an important role in the development and progress of a civilization, and our climate allows us to move as quickly as we choose through life's activities, without impeding our flow. So envision your climate as stable and ideal, and yourself as a bastion of strength being moved along by a gentle breeze of encouragement and inspiration on your path to the Stars.

There Is a Connection Between Your Lives and the Weather

Now we will talk about the climate on Earth, and why the balance is precarious at this time.

All planets have distinct weather conditions. Some are mild and some are harsh. The milder the climate, the more adaptable that planet is to life forms. The harsher the climate, the more formidable it is to evolve in physicality and spirituality.

Up to now, your planet's climate has been mild, and life has been easy for all. Now, the plates of Earth are shifting, causing destruction, and the weather patterns are severe in intensity, causing flooding, earthquakes, and hurricanes. The only way to quell these storms is through your concentration on God, the Creator of All, and by standing firm in your knowledge of Immortality. For ***no matter what happens around you, know that you are safe in God's arms.*** Your soul knows no decay or death. It is only your mind that imagines these things.

On the surface, you experience great fluctuations in your temperature, with enough variation to cause hardship. Your surface weather fluctuates to such a great degree that it has gone out of control, similar to the loss of control your lives exhibit at times. For there is definitely a correlation between the lack of stability exhibited in your lives, and the weather patterns.

As you think a thought, it goes out into the ethers, where it gathers energy and then returns to you. It parallels the weather patterns on Earth, where your negative thoughts go out and gather negative energy, bringing the negativity back to you on its return trip. So all this negativity is churning up the surrounding ethers, and causing the erratic flow of weather where negative thoughts have been trapped and are seeking a means of release. Volcanoes and earthquakes are one means of releasing this trapped negativity that's been stored in the Earth for millennia.

We experience no fluctuations in the climatic conditions in the Subterranean Cities beneath Earth, because our environment is closed and protected from the forces on the outside of the planet. We are in a womb, so to speak, where we are comforted and cradled, and nurtured. This is the best way to evolve. This is why we don't allow surface folk in, because we are protective of our unique environment. You, too, could create this on the surface, once you recognize that humanity is ONE.

The weather in Telos is always balmy and cool. It is always perfect. For we, here in Telos, keep our thoughts in perfect unity with Mother Earth; and She, in return, gives us back Her perfection. We are blessed by the Earth, for we bless and caress Her daily with our thoughts. She is a Great Mother, and will always perfectly care for Her children when they perfectly care for Her.

For life is a circular ladder, which, when climbed in harmony and love, will bring all on its rungs to higher states of evolution. So climb with us. For the steps are many, but our hearts are ONE.

Your Erratic Weather Patterns Are a Reflection of Your

Thoughts

Adama is here on this spring-like day in autumn, when the foliage reflects the colors of the rainbow. We, too, are enjoying our Indian Summer, which lasts all year round. We love our “climate”, and we keep it pure with our thoughts.

On the surface, your thoughts are running wild, with the chaos and fear being reflected back into your weather patterns. As you erupt, your volcanoes erupt. As your emotions swing to and fro, so do the hurricanes and rain storms. As you pause for breath and feel calmness sweep over you, so does the weather pause to bring you peaceful, sunshiny days.

So all you think and feel regulates (or should we say deregulates) the weather patterns. The Earth is a great reflector, and She reflects the thoughts and feelings of all life on her body. As you center yourself and “dig in” to Her feelings, you can calm the storms and stop the relentless battering of rain, or render harmless the tornadoes and hurricanes. You have this power of connection to the Earth, and you are here to help her maintain balance and regain Her composure as a Great Being of Light.

Earth was quarantined and erased from sight by those who tried to control humans. When other star systems scanned the position where Earth was located, they registered only empty space on their screens, as if Earth didn’t exist. This quarantine has been removed, and Earth now reflects Her great majesty into outer space for all to see. Earth is a great body of Light, and as each Lightworker begins to awaken, Earth’s Light shines brighter and stronger.

Adama watches the surface closely, and reports any anomalies to

the Confederation. We try to keep the Earth disturbances as non-disruptive as possible.

Know that the weather in Telos is always the same, as our lives are always balanced and stable. The weather conditions on the surface mirror your state of mind, and reflect its irregularities and dips in consciousness. In order to stabilize your weather patterns, you must calm your mind, and feel the love of God penetrating you. It is this love that balances and nurtures you, and keeps you on an even keel—as with the weather.

When you are always in the love-state, and feeling balanced and nurtured, then the weather will mirror this state, and in return, be calm and soothing. For you are a reflection of the macrocosm, and the macrocosm is a reflection of you. You determine all conditions surrounding you, as you set up the parameters for all things to interact.

We say this to you because you have noticed the high winds and unending rains causing floods and destruction. These conditions can be reversed by calming yourselves, and moving peacefully and steadily through your life day-by-day. ***There's no need to hurry or rush into anything, since all remains where it is, and no one is ever going anywhere, since there's nowhere to go.*** There's only the dimension you're in at the moment.

Notice how time seems to float when you're calm and at ease with yourself? Well, time really does float, and the more you're in this frame of mind, the more you'll experience the floatation of time as it rocks you back and forth gently through each of your days.

This is how our life is in Telos. We just float through the days,

relishing every single minute, and not noticing at all the passage of time as it eludes us on our daily journey through life. Every moment is potent for us, and we live completely in the present moment, seldom thinking beyond this time frame.

You, too, will learn to detach yourselves and float in the “now” of life as you journey ever-higher in consciousness. *I am Adama,* your brother out of time.

Your Thoughts Can Move Mountains

I am Adama, here with you on this sunshiny day in the fall. Know that the outer world is beautiful at this time of year, as the foliage turns colors and falls to the ground.

We, here in the Inner Earth, know only sameness, stability, and peace. The leaves remain green, the flowers continually bloom, and the Sun always shines. There is great predictability in our weather pattern, and we can always depend on perfect weather!

You, on the surface, are assailed with gigantic winds and tornadoes, flooding, and earthquakes. The elements only mirror your thought patterns, which are erratic and unstable in nature. As your thoughts tune-in to the Creator, your weather patterns will stabilize and decrease in intensity. You’ve heard the saying “your thoughts can move mountains”, well, indeed they can; and have caused mountains to move, volcanoes to erupt, and have been responsible for mud slides and tidal waves, and all weather pattern disruptions.

In contrast, in Telos, it is always very peaceful and serene. Our thoughts are always pure, and our hearts are always connected to the Creator. We only experience peace and tranquillity throughout our

days. You, too, can experience peace in your lives by always focusing on your heart center, and finding the God Presence within your very own “I AM PRESENCE”. We urge you to stay within your heart center as you move throughout your day, and it will bring you the peace you long for. We wait for the time of our connection above ground. Until then, *I am Adama.*

Part Three:
Travel and Transportation

11. Electromagnetic Vehicles and Underground Passageways

Saint Germain: "Beloved Ones! Does it sound incredible to you, when I say the Masters of Light and Wisdom have passages through the Earth in all directions, just the same as you have highways for your automobiles in going from coast to coast on the Earth?"

(From the book: *The "I AM" Discourses,* page 202, The Saint Germain Series)

Q: Will you tell us about the tunnels and your transportation system?

We greet you from Telos beneath the Earth. We are here, too, as your planet flies through space, carrying us all on our journey through eternity. We wait and watch, waiting for the moment of entry when the Earth meets the Photon Belt. We hope to be on the surface well before that moment arrives, and our plans are set for that moment of emergence when we all journey to the surface. We are not that far away, and it will only take us minutes to make the trip from our homes to yours!

There are tunnels intertwining throughout the planet, connecting every large city or state. Therefore, we can reach most of our destinations within hours, if not minutes. You, on the surface, will be surprised at this underground network of passageways that have been used for eons to connect us from below. We are more connected below than you are above. We can travel anywhere and any distance, freely, and within a very short time span. You, however, must make

reservations, pay large sums of money, and spend days at airports and train stations, or in cars—along with all the air pollution your vehicles create.

We, however, use electromagnetic energy and crystal energy to navigate our way around the inside of our globe. Our energy is all free and “clean”, causing no air pollution, waste materials, or debris.

Our transportation system is the same we used when we were above ground. We brought the plans and technology with us to establish beneath ground. This gives us great latitude in our travel, and allows us the freedom to be at any location we choose at any time. What a wonderful way to experience freedom! We also travel anywhere we choose through our thoughts. We are capable of astral projection to any locality of space or time. So, we experience freedom on many levels, not just physical. ***Freedom is the issue of the 21st century, and experiencing freedom is what we are coming to teach you.***

So keep your minds and hearts open to our existence, for very soon you will find us on your doorsteps, beckoning to you. We look forward to joining you in your homes on the surface, where we can work together as one to bring freedom to all who choose to experience it. For it is only through choice that freedom exists, and when enough people consciously choose this way of life, then we will be able to come forward from below and teach you how simple it is to achieve. For with freedom comes the true joy of living. Without freedom, there can be no evolution; and without evolution, there can be no continuation of life. A species either evolves or dissolves. There can be no stagnation involved. So here is your opportunity to evolve in ever-swifter spirals.

Just focus your thoughts on freedom, and experience how rapidly your life changes, for it is all in your thoughts. It is your thoughts that bring about the material changes. For thoughts are light, and light is energy, and energy becomes matter as density solidifies.

Freedom is a tangible thing that can be felt and seen and experienced. And soon, with our help from below, all on the surface will be experiencing the glory that freedom brings. We, here in Telos, experience this daily, and are always joyous, jubilant, and excited about life. For once you taste unlimited freedom, and I mean unlimited in all areas, then you cannot but feel the expansiveness of creation. And feeling this spaciousness moves you into its expanse, and you experience the joy of creation—you experience the God sense of creating a blissful existence right here on Earth. So this is what we intend to bring to you, once we surface and contact you in your homes. So please wait for us, and don't ever despair. For we are near, and can communicate with you at any time. Just open your hearts to us, and you will hear us. Just go into meditation and call my name, and I will be there with you, and will listen to you. Speak with your heart, and I will hear. Listen with your heart, and I will respond. *I am Adama,* your brother underground.

We Use Electromagnetic Vehicles to Travel Through Earth's Tunnels

Know that in your oceans there are hundreds of millions of life forms. These life forms create a complete and balanced ecosystem, just like the one in the Hollow Earth. Although the ecosystem on the surface is deteriorating due to humanity's negligence and greed, the ecosystem in the Hollow Earth is perfectly functioning and intact.

We advise you of this so that you will not panic in the face of Earth Changes. For when they speed up, we will be here with you, bringing all that's necessary for your survival. We will have a complete link-up with the Hollow Earth civilization, including their oceans, which are clear and pure, and uncontaminated. We will install pipelines that will bring this pure water directly from the Hollow Earth herself, so that you will taste the sweetest and cleanest of water, and you will rejoice! These pipelines are already in place, waiting for the final installation instructions for placement through the upper layers of the Earth's strata, directly above land.

We also will be receiving fresh foods from the Subterranean Cities and the Hollow Earth. We have installed conveyances to carry these supplies through the Earth's tunnels on our electromagnetic vehicles that we use to travel through the Earth's passageways. All is in place, and we only wait for the final notification to begin.

There are many on Earth now who are awakening to the Spirit within them, due to the increasing amounts of Light that are coming onto the planet. Life at all levels is stirring in response to heightened awareness, as a result of the Light and the Lightworkers' expressions of Love that you are all sending out on the etheric currents surrounding the planet.

We in the Subterranean Cities wait and watch for the cue to emerge, and eagerly anticipate our direct contact with you on the surface. We have been separated for too long a time, and it is well past our due date to be connected again. So know that even though you can't see us, we are here and can "see" you through our computer system. We have the whole surface monitored on our computer screens, and can focus in to see you wherever you are. You are also

tracked on the Confederation of Planets computer screens, tracking all Lightworkers so that you are always in range of their “sight”, should they need to intervene.

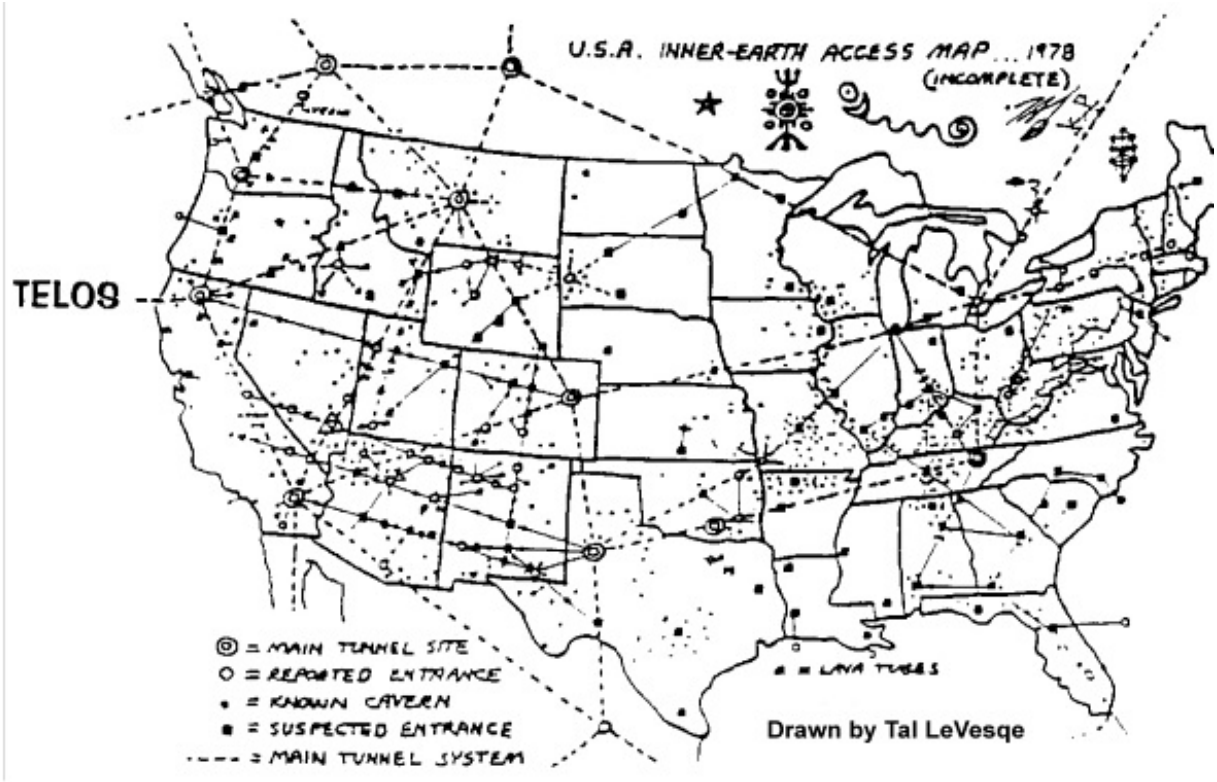
So, rest assured that you are in safe hands, from both BELOW and ABOVE, as you travel closer and closer to the Photon Belt of dimensional change.

Q: How do you get to the underground city in Mt. Shasta?

Through the tunnels, of course, which are strictly guarded and camouflaged. Only our own people know the way.

Soon you, too, will be given directions to locate us, and you will be met by one of us who will lead you through the underground tunnels to our city. It isn’t far, just a mile or so beneath the ground; and once you’re safely in the tunnels, there are conveyances that will take you the rest of the way.

We wait for this day, we pray for this day, which soon will be here.



Inner Earth Access Map

12. Polar Openings

Q: Are there polar openings at the north and south poles of the planet Earth? And if so, is there a path that is best to take through the Arctic regions, such as through the Hudson Bay route and north from there?

There are indeed polar openings at the north and south poles, leading to the center of the Earth's sphere. These polar regions are camouflaged by cloud coverings, as you know, to prevent your military from locating these entrances that lead to our Inner Earth homes. We have also installed a magnetic force field around Earth's polar openings to further camouflage the entrances. This way, we are protected from air and land sightings.

There are indeed many paths that will take you to the Arctic regions and through the polar openings. However, Adama is not at liberty to divulge these to surface folk at this time. Know that when we are notified that it is time for you to enter our regions, we will be contacting and directing you to our location beneath the Earth. There is nothing for you to search for now, as no paths will lead you to us, until it is time.

13. Visiting the Surface

We Come and Go Freely on the Mountaintop

I speak from Telos, although I do visit the surface occasionally. I have been instructed to prepare you for our emergence, which can begin at any time.

Mt. Shasta is our home, and we love her. Our mountain gives us all the protection we need, and her many paths and tunnels are in our domain, and we watch over them. We can come and go freely on the mountain-top, since we know the terrain and contour of her body. There are many openings, which only our own people know. We are preparing the mountain and tunnel entrances for an influx of surface dwellers who will want to visit us when the time comes.

Yes, we will need guides, and all the Lightworkers will be invited to come. The mass consciousness is changing so rapidly that we are amazed at your progress on the surface. We are truly brothers and sisters, and we will truly be merging with you into ONE.

Q: Are you opening the tunnel entrances to Telos?

Adama is free to leave Telos, and indeed does so frequently. It is correct to assume that Adama does do work on the “outside” of Mt. Shasta’s mountain. Adama is freeing many entrances into the mountain tunnels, so that they’ll be ready for our emergence en masse when the time comes for us to join you on the surface. Presently, only a few of the tunnels leading from Telos are operational, due to long time non-use. Their camouflage has even eluded us, so we are taking an accounting, so to speak, of all exits

and entrances that may be necessary to activate.

After all, when the time arrives, there will be hundreds of thousands of us departing Telos for the surface. Not all will exit onto Mt. Shasta, though. Many will depart to other locations, so as to spread our numbers out evenly. We will be contacting our brothers and sisters on the surface well ahead of time to arrange accommodations for our folk. All who wish to take us into your homes, please let Adama know through your thoughts. We will be bringing all we need with us, along with all you will need to survive Earth's cataclysms.

Right now, we go on living naturally until we receive word to do otherwise. Our homes and structures underground are all structurally stable to withstand even a flip of the poles. All will be preserved, no matter what Earth changes occur. For we, too, are caretakers of the Earth who have been entrusted by God with His teachings and His technologies.

Q: Where will you stay when you come to the surface?

Earth is still too dense for us to travel to the surface. We await the time of less density and greater Light before we attempt to travel to the surface en masse; because once we surface, we will stay. We will bring all our technologies with us, and camp out, so to speak, in your homes on the surface.

We will all be staying with the Lightworkers who already have shelters on the surface. So, if you'd like to have some of us stay in your homes, just give us the word. Just call to us in your meditations, and ask us to reside with you when the time comes to surface, and we will contact you when we arrive.

There are many things for us to take to the surface, and we have already prepared all that is necessary for our sojourn to the top of the Earth's crust. We will come prepared with everything that we, and you, will need for our entry into the light of the Photon Belt. ***You will be amazed at the technologies that we will bring, for they will make life so simplified for you, and will be so obvious, that you'll wonder how you didn't think of these things yourself.*** Well, you did, only it was eons ago in the past, and your memories don't recall them.

We are all part of God's Grand Plan for this universe, and we are now merging our thoughts into one thought for the entire human race. Soon we will all be on the same wave band of consciousness, broadcasting our love and Light to all in the cosmos, and letting the cosmos know that we are ready to join with them in one grand CONFEDERATION OF PLANETS, alert and alive to the wonders of the universe, and ready to take our place among the Stars. This is *Adama*, wishing you a speedy journey in consciousness.

Part Four:
Mission of Assistance

14. Our Merging Civilizations

You Can Ask to Come to Telos

Greetings, my Brothers and Sisters of Light! *I am Adama,* High Priest of Telos, and I am here to bring you greetings from your fellow citizens who dwell in Telos—your fellow brothers and sisters of Light, who are here working toward the Ascension just as you are. Know that we do indeed exist, and many of us have already surfaced.

We invite you to converse with us telepathically, ***for the merging of our two great civilizations is imminent and necessary for the ascension of the whole planet.*** You can ask to come to Telos before you go to sleep at night. You can call on Adama to receive you. This is all very exciting, for we have waited a long period of time to contact you on the surface. Now is the time, for the Earth is changing rapidly, and great cataclysms are in store for the surface. You will need to stay very grounded, very centered in your Being, and you will need to call on your Mighty I AM Presence to fill you, to stabilize you, and to connect you to the Earth, where you are holding the Light.

I thank you for making this connection with me, and for inviting me to speak to your group. I will be most happy to speak whenever you wish, whenever you call upon me, for I am here to serve along with you. Blessings; I send you blessings and greetings from Telos. *I am Adama.*

Mother Earth's Sacrifice

My Light shines forth from Telos, its beam directed into your heart space, conveying joy and well-being to you. We wait until we receive

your vibration, and then we beam our consciousness to you. Telepathy is very simple once you know how to make the connection. We, here in Telos, await these exchanges when we connect as one across the span of Earth, and through the Earth, to meet you in your heart space—the place of love, joy, and well-being.

I dream of the merging of our two civilizations; yours from above, and ours from below. This merging will be the culmination of a great plan that we developed eons ago, before you incarnated on Earth. At that time, we laid out our strategy and plans for this moment in history when the time would be right to merge our civilizations. We have been waiting many thousands of years for this precise time on Earth when we could finally begin to implement our plans for the ascension of planet Earth, and the ascension of all its life forms above and within the Earth.

Our technologies have been guarded all these eons, waiting for this propitious moment to bring them forth to you, our brothers and sisters, who are selflessly waiting also on the outside of this grand Earth. Our Mother Earth is a great Being who has sacrificed her precious body to be a host to life on her surface and below her surface. She has sacrificed her well-being so that her children could learn their lessons of evolvement on the Earth plane in an environment of love and abundance. She has waited patiently, for millennia, for humans to evolve and recognize their God Selves and the divinity within themselves. She has waited through wars and famine, and abundance and glory, as this cycle repeated and repeated itself, as all life slowly evolved in consciousness on her surface and below her surface.

She has sacrificed a lot, and now her time of sacrifice is over. It is the time for all life to recognize its God Self and move into the Light of

greater understanding and self worth. She is a patient Being, perfectly timing her transition into Light to correlate with humanity's transition into Light; the same Light, the one Light of the Perfection of All That Is.

We, in the Subterranean Cities, have focused our Light on you, our brothers and sisters, hoping to stimulate and guide your emergence into the Light where we will all meet in the fifth dimension of God's Love.

We salute you for your endurance and stamina in the face of the chaos and discontent you wade through in each of your days. Soon there will be no more wading, for you will be above this vibration and floating in a higher vibration of God's Love where all is peace and joy, and well-being. I will meet you there. The time is quickening and the plans are in place, and all is in motion for your emergence into Light. I salute you for your bravery.

15. Surface Destruction and Government Cover-up

Chemical and Biological Warfare

I bring you news of the Ascension as it rolls across the surface. We are all united as One. Our consciousness is united on the Inner Planes. All Beings On, and In, the Earth have agreed to unify and bring the Light in.

We send forth our love to you through the Earth's crevices, where it reaches you instantaneously as you go about your business on the surface. We know about the surface conditions, and the biological germ agents that are being spread across the surface. We are aware of all that happens, and we look around dismayed at the horrific magnitude of chemical and biological warfare that is taking place without the inhabitants' conscious knowledge. We pray for Light to cover the planet and blanket it in peace and well being. We pray for our emergence into the Photon Belt where only those souls who are of the Light will tread.

Our hearts are heavy with grief to see biological germ warfare spreading across the planet. We are horrified to see the same things taking place that took place when we once were living on the surface with the Atlantean civilization. We are horrified at the prospect of humans repeating this tragedy of desecrating the Earth and destroying its civilizations again. We are doing all we can to avert this. We pray continually to God for ways to come forth and rectify these conditions. Don't fear. Just tune into the higher energies and move your vibration

up the scale, and you will be unharmed. For once you've reached a certain vibratory frequency, your body will not be affected by third dimensional, dense plagues and diseases. You will be beyond their reach. It's the only way out.

Mines Planted on the Surface

We will talk about the mines that are strewn all over the surface of the planet, planted by warring nations in their total disregard for humanity.

Humanity has fallen asleep, and in their sleep, they have let despots rule and coerce them into a life of terror and poverty. We, in the Subterranean Cities, are aware of the location of these mines, and when we surface, one of the first things we will do will be to remove and dematerialize these weapons of destruction. We will be working in unison with the Cetaceans, who will also be guiding the Confederation in their search for buried mines in the oceans. So this will be a two-way plan of removal of all mines from Mother Earth's body. This can, and will, be quickly done so that we can get on with the Photon Belt preparation.

You on the surface, and we beneath ground, work together in many ways. Although you're not consciously aware of it, you and we are working together at night on the Inner Planes, where all operations for entry into the Photon Belt are planned, prepared, and discussed. This way, when the time arrives, all will be in place, and you will intuitively know what to do and how to do it. All information will "surface" to your consciousness when the time comes for you to need it.

We will greet you on the surface in a new time frame, for which all on Earth have been waiting eons and eons. This is the purpose of the

Mayan calendar. It's to acquaint you with the new Mayan time frame that will make your entry into the Photon Belt harmonious and smooth. So, start today to adopt this new calendar and new way of looking at your days and your time; for your synchronicity with the Galactic Core will be necessary for the Photon Belt passage through the stars.

Q: When can we come to Telos?

We are stationed here beneath your Earth in full deployment for the time when we can safely surface. We wait underground as you wait above ground, for the energies to rise, for people to be in a higher state of consciousness before we surface. These increased energies on the part of surface folk are our protection; for we are as vulnerable as you since we have the same third dimensional body.

When people evolve in consciousness to the state where they will accept us, we will surface. We await this time. You can help speed up this process by sending Light to all humanity, and blanketing them daily with love. We in the underground are stepping up the energies we send to the surface to more rapidly bring about the time of our emergence.

If surface folk were to come to Telos now, their beliefs would interface with ours, creating a distortion in our mass consciousness that we hold regarding Immortality. That's why we must wait until your consciousness level is evolved enough to be in harmony with our beliefs of Immortality.

You on the surface are kept in the dark by your government about us in the underground. They indeed know of our existence. They know we are here and they work with the dark elements here. Yes, there are cities of darkness below the surface, too, just as there are cities of darkness above. So your government is aware of our existence, and

they keep it “top secret”. We expect to see this change soon, as our Light is growing stronger and stronger every day. Soon our existence will be known by all on the surface as the Light spreads across the planet. I will always be here for you. We are ONE—ONE heart and ONE mind working for the ONE Creator. My love ever flows to you.

16. Beloved-Earth Changes

The Dance of Light

Know that your Earth is going through many changes as it moves further and further into the Light—the Light of God as it shines down on humankind and embraces the Earth at all levels of existence. For indeed God's Light penetrates all of existence, from the smallest microbe to the largest atom.

We, here in Telos, watch this dance on the surface, as you change partners from those of dark intent to those of the highest vibration of Light. This is truly a Dance of Light, where energy is exchanged and choice is exercised. As you dance your way to freedom and choose your partners with clarity and vision, you step forth on the dance floor of Light, as it revolves and takes you ever higher on the spiral of evolution until you reach the stage of Ascension, where with one more step, you dance yourself into the ascended state of bliss. Carefree and light, you will watch yourself rise in consciousness until you are no longer twirling on the surface dance floor, but whirling instead among the Stars.

We, here in the Subterranean Cities of Light, are dancing with you in the dance of Light, and are your partners who are leading you in this ascending dance to the Stars. So dance with us. Take our hands as we give you our hearts, and hear the Music of the Spheres as God leads us ever onward and upward through the Spiral of Life into his arms once again.

I am Adama, your dance instructor.

Earth Changes Require a Lot of Rest

You are a caretaker of the Earth, and you are feeling its changes as the Earth climbs to a higher vibration. These changes require a lot of rest. We here in Telos are also going through a lot of changes as the Earth prepares for her Ascension. We, too, are in need of more rest than usual. All life is going through these planetary changes, and all life is feeling the effects of change. You are not alone. Just focus on God, the Creator of all life, and you will feel the warmth and support even though your physical body is “out of sorts”. Stay tuned into the Earth, for she is calling all her children home.

We Have Chosen Immortality

We greet you on this auspicious day, 12:12, in the Heaven Worlds. We find ourselves here in Telos meditating alongside of you on the lower levels of the Earth’s strata below your surface population.

We, too, have prepared ourselves for this promising day. We, too, are choosing IMMORTALITY for our beloved planet Earth and all Her children. We, too, chose IMMORTALITY for ourselves, many, many aeons ago, and we are still choosing this process as a means of evolving. We are able to evolve more rapidly by choosing to live longer and longer lifespans. This longevity allows us to learn and apply our Earth’s lessons more thoroughly and more consciously, and to better extract the wisdom from our experiences. The longer your Earthly lifespan, the greater amounts of wisdom you are able to consciously garner and apply, allowing you to proceed more rapidly on your Earth’s path of spiritual evolution. Shorter lifespans only limit your awareness in ways you may just now begin to perceive. So we are here with you, supporting you in your choice for IMMORTALITY for

both yourselves and the planet.

We, here in Telos, were once living on the surface of your Earth, many aeons ago. We went through the same Earth experiences and the same lessons that all of humanity is now experiencing. However, we learned that war is futile, and that aging and death are totally unnecessary to God's Divine Plan. God only wishes us to live long, happy, abundant lives filled with understanding and wisdom in using the Universal Laws. This is the best way to evolve. This is the most joyous way to evolve on our spiraling spiritual path back home to God, back to ALL THAT IS. For we are truly God Beings who came to Earth to experience the separation along with all of humanity, and to now wind our way back, bringing all of humanity along with us.

All of humanity has suffered greatly from its limited vision of the Universal Laws, and from its ignorance in applying Universal Laws to its daily life and daily experience. This has been unnecessary, but humanity chose to choose limitation instead of freedom to grow in a loving and nurturing environment.

We in Telos are surrounded by a most loving, nurturing, and positive environment. We have consciously created this for ourselves, knowing the effects of an otherwise opposite choice. So you, too, will soon find yourselves living among those who are wise and nurturing. Yet for those Beings who choose less, they will be separated from you into a lower dimensional world. There they can continue to choose poverty and limitation, while you spiral upwards on the wheel of evolution into the fifth dimensional realm, where all is beauty, all is abundant, and all is pure Love.

So come with us, all of us here in Telos, as we journey together as

ONE along with our Earth Mother, and meet consciously in the fifth dimension. We await your arrival. We send you blessings from all of us here in Telos. We pray for your great success, as we see the unfoldment of LIGHT spreading across your surface.

17. God's Plan for Us All

Christ Consciousness

Know that in Telos, it is very Light. We go about our business with God's Light radiating out from us. All that we think and do carries out God's plan. All that we feel, magnifies God's plan. All that we say in our speech, exemplifies God's plan. So you see, our lives are totally interwoven in God's Plan for Earth. That's why we incarnated in Telos. We incarnated here to hold God's Plan upon the Earth plane until you, on the surface, could carry it out yourselves.

God's plan is waiting for you. All you need to do is to plug yourselves into this Light, and then you, too, will be radiating with the brightness of God. All is in readiness for you. The way has been paved from the streets of Telos, and now it is your turn to walk in the Light, to bring forth God's Plan to the surface, where your brothers and sisters are waiting in anticipation for the Second Coming of Christ. You are all Lightworkers carrying the Christ consciousness within your souls. ***You are the Christ, and you have come again in this incarnation to bring the Christ energies to the Earth, where they can permeate all life forms.***

So don't underestimate yourselves. Don't look to others to change your lives. Don't be afraid to claim your Divinity. For it is you, my dear brothers and sisters, that will bring the Light of Ascension to the whole Earth. And we here in Telos are working right alongside of you to complete God's Plan for this age. We give you strength, we give you God's unlimited Love, we give you Light daily. Just focus on us here in Telos, and you can consciously feel this partnership and strength that

is ever flowing to you.

We await your conscious connection to us, and for the time when you will be permitted to visit us here in Telos. Then we will truly be ONE LIGHT emanating from the Earth for all of the Cosmos to see. Our love goes out to you in a grand display of Light.

Using Your Divinity to Navigate

We are joyous to be here with you at this time of Earth's cycle through the Stars. Earth's path through the starry skies is taking her closer and closer to God—to the God Presence that fills the Universes and all space beyond. For God is indeed everywhere, everywhere imaginable, and encompasses everything. We, in Telos, learned this many aeons ago, and it is this knowledge that allows us to grow deeper and deeper in wisdom. For ***all things are of God.*** This is quite a simple fact, and the acknowledgment of this can change your life. It has changed the life of all of us beneath the Earth. Once we recognized this, we began to utilize its significance and ramification in our daily lives to our advantage, bringing us unknown joy and wealth.

Those of us who believe in the Divine-ness of life can bring our divinity into play to capture life's essence. We use our Divinity to navigate, so to speak, our soul's purpose for incarnating. We use our Divinity to steer us in the right direction on our soul's path to greater and greater heights, until we reach the apex of our soul's plan for this incarnation.

You, too, can use the knowledge of your Divinity to steer you through life's obstacles and maneuver you into your soul's path of Light for this incarnation. For this is a very special incarnation; it is the culmination of all incarnations, and its outcome will lead you into the

Stars of God's Grace.

So travel with us, on the Divine Path to God, acknowledging your divinity every step of the way as we step together; one step from BELOW and one step from ABOVE, in the Divine Walk through life, meeting as ONE in the Stars.

Q: Why are there so many people on Earth today?

Our location is beneath Mt. Shasta in sunny California, where we live our long lives in harmony and in peace. You, too, will be living long lives when you move into the Photon Belt of Light, and receive its life rays of health and longevity.

There is nothing to prepare for, since you will be aided fully, before this time of entry arrives. Know that you are on Earth at this time to assist all of humanity with its entry into the Photon Belt. All souls incarnating at this time have done so with full understanding of what is to happen. That's why there are so many people on Earth today, more than there ever was, because all souls want to be involved in these "End Times". ***All souls who ever incarnated on Earth have returned.*** You are one such soul. These End Times can be met with harmony and joy, or fear and chaos. The choice is yours.

We recommend that you view this with your eyes turned to God, while your feet walk the Earth. For God is in full command of everything, and you are all in His hands. There is nothing to fear, only joy and immense well-being will be the result of Earth's transition into the Light.

So, my brothers and sisters, be aware of your Light. And be aware of us, your brothers and sisters in Telos; and call to us when you are

in need, for we are here for you. We are here for you to rely on us. Whenever you feel confused, just call on me, and I will soothe your hearts and ease your minds. My love is with you all.

18. Co-Partners in the Light

Humanity Is on Fire with the Light of Consciousness

We bring you great news of your rebirthing into Light. Great amounts of Light are streaming to Earth from various Star Systems in cooperation with Earth's plan for Ascension. This Light also streams forth to the surface from the underground Cities of Light that are scattered about the planet. So you're receiving great Light currents from below and from above, all in unison, to raise your consciousness into heights reflecting cosmic consciousness.

This reflection of cosmic consciousness is infectious, and spreads like fire throughout humanity. So humanity, on the surface, is on fire, so to speak, with the Light of consciousness burning up the density of the lower dimensions of the past, bringing you all through a clear passageway into the Light of God, where we all wait to join you.

So join with us, your brothers and sisters of Light, as we all travel higher and higher in consciousness, until we meet on the planes of reality where all glistens with the golden sheen of God's Light. We are ever traveling with you on this trip to the Stars.

Cities of Light Are Strewn Across America

We are here with you to give you a message from our City of Light to your Cities of Light. And indeed you have Cities of Light. They are strewn across America for all to see. The Light is now blazing brightly, as the Lightworkers are waking up in unprecedented numbers across the globe.

All your Light, combined with all our Light, is lifting our sweet Earth

into higher and higher vibrations, as our thoughts are merging with your thoughts of freedom for all life on Earth. This is a great breakthrough for the Light, as we have been trying to connect with the Lightworkers for many years now.

As more and more Light is filtering into the planet, you, as Lightworkers, have been anchoring it deeply into the core. We, too, in the Subterranean Cities, have been continuously anchoring in the Light and sending it out to you on the surface, in hopes of changing the condition of life as you have been living it. And the way you have been living it is not the way life was intended to be lived. We are now seeing the shift taking place, as all life is now gradually reflecting and experiencing the "Light" way of life. You are now experiencing life on a higher plane of thought and sensation, and envisioning a broader and deeper way of living.

There is so much to living life—so much beauty and love for you to feel—if you only project yourself into it. This "high" Light is all here now, waiting for you to immerse yourself in its higher vibration of glory. For it is a glorified way of living, as we in the Subterranean Cities can attest to. We live our lives with the highest of standards, and think only love and bliss as we go about our daily business. Our lives are not so different from yours. It is only our way of thinking that catapults us into higher realms of Being, as we, too, walk upon the Earth—albeit, it is under the ground.

There are many lessons to be learned here on Earth, which is another one of the many reasons we have all chosen to be here. Our state of consciousness determines where we are at any given time. ***We are where our thoughts take us, and if our thoughts are lofty, we find ourselves in heaven.*** For thoughts and feelings have vibrations, and

their vibrations connect to the ethers and match them in frequency. We can raise or lower our frequency by our thoughts. So if you want to experience nirvana, change your thoughts, and their wavelengths will carry you there in the flash of an eye. It matters not what is transpiring on the surface around you, for you are all consciousness, and your consciousness travels while your body remains stable in its resting place. You can come and go from your body at will. Know that this travel is more real than your going in a car to different earthly locations. The car takes only your body, while your consciousness can traverse universes.

We, here in Telos, concentrate our thoughts on you. We are always sending you our heart's joy and heart's love to bolster your strength as you move through the density and change it to higher currents of Light. It is in these higher currents or higher vibrations that we meet you as ONE. Our lives are intertwined. And soon we will all be together as we unravel this great mystery of life that will lead you, from above to below, where we dwell in peace and understanding of the Great Laws of the Universe.

I Teach Classes on the Inner Planes at Night

Know that it is very "Light" here in Telos. Our Light is so bright that it lights up the Earth and Heavens. We work closely with the Melchizedek Priesthood, who are here to serve the Earth. We are very concerned about the progress that humanity is making on the surface. We are very involved in the Earth's Ascension into greater Light. In Telos, we are all Spiritual Warriors, as you on the surface must become. ***A Spiritual Warrior is one who acknowledges the Light within, and knows that he/she is here for the purpose of bringing in more Light to***

the Earth.

So you are all here to bring in the Light. You do this by focusing on the Light, always, and never letting it drift away from you. Visualize the Light as waves from the ocean, always coming in to you, and washing out the darkness. You are all great Light Beings who have come to Earth, just as I have, to reunite all humanity into ONE HUMAN FAMILY.

I have gained much wisdom from my extended life in Telos, and would like to impart this wisdom to others who wish to learn from me. I am currently conducting classes on the Inner Planes at night. If you'd like to register for these classes, just petition me before you go to bed at night, asking to be my student. I will teach you mastery of yourself on all levels of existence.

We Can See Each Other's Light

There are many Telosians gathered around me as I telepathically communicate this message to you from beneath the surface of the Earth. I speak to you today of the Glory of God, the God that resides in you. You are the receptacle of God. You hold God's Light; you are God's Light. And your Light is so bright, even if you are unable to see your own Light.

In Telos, we are able to see each other's Light. We have developed our Inner Vision through meditation and prayer for aeons, until we reached this stage. You, too, are now on the brink of reaching this stage—the "time" when you will clearly see the Light around you and the Light in others, as it reflects from the Great Central Sun into the core of your Being. YOUR SOUL IS ALL LIGHT; and when you merge with your I AM PRESENCE, you bring the LIGHT from the Great

Central Sun into your core, and you shine with the intensity of the Great Central Sun within you. For the Great Central Sun and you are ONE.

We learned this many aeons ago. Through our long lifespans, we were able to connect to the Cosmos in a higher frequency of Light, and we were able to sustain this connection because we were not filled with thoughts of death or aging as you still are on the surface. Therefore, all we learned, we sustained; and all we sustained, enabled us to climb higher on the spiral of Immortal Life.

You are a Lightworker on the surface of Earth, and we are Lightworkers beneath the Earth. Know that in Telos, we see your "Light". We see all Light on the planet through our computer monitors, and are able to track all the Lightworkers on the Surface.

The New Millennium

Know that I speak to you from the depth of my heart, and from the depths of the Earth, as I continue my messages in the new millennium —the year of Light for all who live on Earth. Know that the love and light of all Beings who live in the Subterranean Cities are directed through the Earth to you above. Our Light has never stopped being directed to the surface—this is our prime contribution to life on the surface, the main reason we remain here.

We remain here to keep the Light equalized and balanced, to maintain the quota of Light so that life can continue its journey in incarnated form until you all reach the level where you are generating enough of your own light to maintain the existence of your life. Within only your own current quota of Light, life would not be able to exist on Earth. It is not only WE, in the Subterranean Cities, who are beaming

our Light to you, it is also the Spiritual Hierarchy, the Angelic Beings, the Cetaceans, and others who are here in a vast array of Light forms. So know that we are all supporting all the Lightworkers who are here. For all those of us who register a certain Light Quotient will make the ascension together, along with Mother Earth.

I know the fear factor that is being unleashed on the surface, and the mind control tactics that are being used to stop the Light from filling each soul. But the LIGHT NEVER FAILS, and all those who are responsible for these destructive procedures will be dealt with by the Spiritual Hierarchy and not allowed to return to Earth. Meanwhile, the victims of these dark tactics agreed to allow this as the final battle between Light and dark as the dark's last stance to control the Earth. ***Soon, the Light will overwhelm all life on Earth, and those who cannot hold this Light will leave en masse.*** The souls who have been manipulated by the dark forces will be cared for, and honored, and raised into the Light of their Ascension. This is the last great play of the dark forces, for soon their power will wane, and they will crumble and fall like the dust on the Earth.

What's important at this time is to ignore this darkness, and not let the fear enter your aura. Stay balanced in the Light—think only of the Light that your great God Self is always flooding into your Being. Stay safe in this protective shield of Light that is always around you. Let others experience their own journeys—for yours is to bring forth our message from Telos, and in this way increase the Light Quotient on Earth. You can only do this by keeping your thoughts concentrated on the Light. Any deviation brings discord into your life and detracts you from your mission.

All our lives, we live for the Glory of God, for the purpose of bringing

Light to the Earth and raising her and all souls up into their Great God Self, where all abundance and health await you. It is but a different octave of frequency. And once your consciousness reaches this octave, you burst into a new world—where all is Love and all is Light—and where all the Masters and Avatars dwell.

19. Our Collective Purpose in Love

Q: What is our purpose here?

We are awake at this hour pondering the glory of God, the Creative force within us all. This creativity fills the Universes and beyond, and continues out into space and eternity. For all life is creative, and all life is God. God is within everything, from the tiniest speck of dust to the largest mountain. This Life Force encompasses all life on and in the Earth.

We are Creation, and yet we are the Creator, all in one. It is the Creator within us that allows us to experience and evolve; as this is Prime Creator's purpose—to experience All That Is and all that could be, and to evolve infinitely as we create.

What wonder and glory it is to ever-experience and ever-evolve; infinitely, forever, and eternally. This is our path of evolution. This is what all life has for us to look forward to. This is the hope and promise for all humankind—to ever live Immortally, and to grow and expand in consciousness each step of the way. This is the glory of God, and it is within us all.

The sickness and pain you see all around you is not necessary for evolvement, but results from separation from God's Light within your very Beings. For God's Light shines in all, but is blocked in most by separation from self. Distraction from Self is caused by media, and the constant need to be "entertained" by TV, radio, and newspapers used to prevent the fear of isolation from arising. Isolation from Self is isolation from your God Self. It is imposed isolation from God, the

creative force within you. It is the only source of Love that flows through you. Could you but open the valve and let it through, it would flood you with well-being, hope, and promise, and carry you among the stars.

Love flows to you whether you open your heart to it or not. It is always there, waiting to be let in, and to fill you with its tenderness and longing to dwell within you. Humanity has managed to close itself off to this life-giving force, and then to seek it from other sources. But the only source of Love is God, and we only mirror it from within, where it already dwells. So go within and tap into the source of all creation, and you will find the Universe waiting for you to explore.

Love Is the Glue

I am an Ascended Master dwelling in the Subterranean City of Telos where all is Light, all is Beauty, and all is Grandeur. We are connecting with you at this time period to permeate your surface population with Love, for it is Love that will bring us physically together. Love is the glue that will adhere our thoughts into one thought of Love for our dear planet Earth.

We send thoughts of Love to our planet daily. We send thoughts of Love out into the Universe daily. These thoughts rebound. These thoughts penetrate All That Is. These thoughts manifest into Beauty, Peace, Harmony, and Grace.

So it is with deep Love that we come to you, to admonish you to keep your thoughts focused on Love—Love for all existence, so that you, too, can manifest this great peace on your surface.

Q: How would you describe God to us?

When we speak of God, know that we refer to the Source of all Creation. This Source individualized itself into millions and billions of individualized components or probes of itself, and sent them out to experience love in all its varied and diversified forms.

You have all been to many planets, and experienced many thousands of incarnations in your search back to the Source of all Love. You are all well prepared, through your countless incarnation experiences, to know God's Love, and to radiate it out to others in hope of hastening their awakening to the Source of all Love. This is profound! For once humanity feels God's Love directly from WITHIN, they will be able to understand their purpose for being here on Earth, and will cease to feel the separation of their soul from God's Light.

We magnify God's Love and beam it directly to the Earth's surface, in hopes it will connect directly to the hearts of humanity. This is our purpose at this time, as we are well versed in anchoring and radiating outward God's Love. So when you feel the beams of Love from God touching your heart, think of us in Telos as your brothers and sisters who love you deeply. Walk in the Light of God, and know that we walk beside you. We are your brothers and sisters, beaming our Love to you continuously!

Peace Reigns on Most Planets

My brothers and sisters of Light, I greet you in the Light of God's love that is continuously flowing to you from above and below. Yes, we in Telos are also continuously sending you our love, in hopes of encasing your etheric bodies in the pure love of God. For all love comes from God, no matter who's sending it. There is only one source of love, and it is from the Divine Heart of God which is in our heart!

God’s divine love dwells in our heart, ready and waiting to be released and sent out to all.

Now I will talk about peace—the peace that reigns on most planets in our solar system. Most of humanity live lives of peace and well-being as they spiral through Eternity. There are only a very few planets like Earth, that are still in the throes of infancy, and who still have poverty, wars, and greed. Your planet is now reaching the stage of adulthood, where poverty, wars, and greed are no longer acceptable and have been outgrown by the masses. The mass consciousness is now calling for peace and abundance, and well-being. In fact, as we hear your prayers, we hear you not just calling out, but we hear you crying out for change—change in your governments, change in your laws, and change in your justice system, so that everyone has everything that’s needed for a full and happy life in order to evolve in peace. We hear all your cries, and the angels in heaven are responding. The angels are here in full force, caring and responding to all who cry out for change.

There are many forces in the Universe who are responding to humanity’s call. Among them are the people from the Subterranean Cities of Light who are physical beings just like you, who have used the peace and prosperity in our lives to evolve in consciousness. We have had a perfect setting in which to play out our roles on the stage of life, and we have used this setting to our advantage by learning and striving to perfect ourselves as much as possible during our time underground. We have used every situation as a learning experience to reflect more and more of God’s Light into our lives, and then to beam this light out to others so that we can all be further enriched in this lifetime. So stay close to us in thought, as we are here to guide

and protect you on our forthcoming journey into Light.

We Monitor Your Surface

You are each composed of many layers of consciousness, and you are each enveloped in the Light. You are emissaries from the Higher Realms. You are here to bring forth information to awaken your fellow brothers and sisters and bring them into the Light. Your task is by no means small nor easy, for most of the Starseeds have fallen into a deep sleep. You are here to wake them up. You do this through your Light.

We are always projecting our Light to the surface. We project our thoughts of unity to you. We project our thoughts of peace and love to you, hoping that all souls on the surface will be able to intercept them as they flow through the Earth's energy currents.

There are those of us in Telos who monitor your surface very carefully, and report back to the population what is transpiring. We then meditate together, as you do, to send out the necessary thoughts and vibrations to counter the negativity on Earth. So, we have a big job to perform, also, just as you do. We send out the same love vibrations from below, as you do from above. We work in unison with all the Lightworkers on the surface. We are all working as ONE; ONE great thought of love for our planet Earth, ONE great wave of Light washing Earth's shores, ONE great beacon calling all of Earth's children home—home to the Light of God's presence.

We are eagerly anticipating the time when those Lightworkers on the Earth will be able to live with us in Telos. We feel this time is rapidly approaching, sooner than we realized. We will contact you when the time comes to visit with us. We know those whose hearts

are yearning to be in Telos with us, as our hearts are yearning to receive them. We send you love and greetings from all of us here in Telos. *I am Adama*, your brother of love.

Part Five:
Reunion

20. We Have Entered the Photon Belt

We come to you today to bear a message of great import; a message that you've all been waiting for. We have begun Earth's Ascension and her entry into the Photon Belt. This is the time we've all been waiting for. For soon the Earth will be lit up in the Glory of the Father's Light, and we shall all be, once again, in our Father's arms, ready to begin the next step in our evolutionary journey through Eternity.

Know that all the plans are ready for activation. Know that we, here in the Subterranean Cities and in the Hollow Earth, are all prepared for this great passage into the Sun of God's Light. All of us here in Telos await this great day. For this will be the time when, at last, we can emerge from our homes beneath your surface, and greet you above ground as equals in the Light.

You are all, as Lightworkers, meeting together with us on the Inner Planes at night, where we formulate our plans for Earth's entry into the Stars of Light. We the Hierarchy, and you the Lightworkers, meet nightly on the Inner Planes, where we see ALL, know ALL, and are ALL. Your brothers and sisters, the Cetaceans, also meet nightly with us, as all consciousness is fully aware of Earth's plans for evolvement on one level of consciousness or another.

Great days of joy and beauty are in store for us, as we rise in the consciousness of God's Love for the Earth. For God truly loves ALL. We are all God's children, and God only wants us to feel great joy and happiness on our trek through the Stars.

21. Further Update of the Ascension Plans

Adama is here to bring you a further update of the Ascension plans for planet Earth. Know that your brothers and sisters of Light from other galaxies and star systems are here in great numbers monitoring your Earth. They are in readiness to put into effect the plans necessary for the Ascension of planet Earth and all her inhabitants. However, to be effective, we must wait for the Directives from The Father, the ONE CREATOR of all, to give us the command to begin implementing our part of the plan, to coincide with the Divine part of the Ascension plan.

There are many factors involved here, one of which, primarily, is the state of the mass consciousness prevalent on Earth. The mass consciousness must be in a receptive mode concurrent with the Ascension waves in order to be lifted en masse. Your frequency or wave length must be vibrating on a certain wave band in order to hook onto the Ascension waves. This is why we don't want to begin prematurely; exact conditions and exact time are necessary. We know the waiting seems interminable, but we assure you of its importance in carrying out the Divine Plan in perfection.

So far, we are seeing your surface become brighter and brighter, with God's Light flooding the continents. ***In your oceans, the Cetaceans are doing their part. They are in full consciousness and are beaming their love and light to the shores of your cities and countries.*** They, too, are involved in this great ascension plan and they have dedicated themselves to you. They have dedicated themselves to Mother Earth and to her full ascension.

We, beneath your surface, have also dedicated ourselves to seeing through the full ascension of all. We are in readiness, and very eager to begin our journey to the surface, where we will be working alongside all the Lightworkers when the time is right for our emergence. Until we receive our directives from the Galactic Command, we will remain in readiness, just as you on the surface are in readiness to begin your great journey to the Stars.

Continue to pour unconditional love from your hearts to all you come in contact with. This is the key to the success of the ascension. While you patiently wait, LOVE ALL UNCONDITIONALLY, and this Love will further hasten your reuniting with all who wait for you in the Higher Realms.

YOU ARE ALL LIGHT,
AS WE ARE ALL LIGHT,
AND SOON OUR TWO LIGHTS
WILL MERGE INTO ONE
GREAT LIGHT OF
PLANETARY ASCENSION.

Part Six:
Telos and the Earth's Interior

22. Complexion of the Inner Earth

Q: Are all planets hollow?

(answered by Ashtar from the Galactic Command)

Know that there's life on all the planets in your solar system. These are your brothers and sisters living in a higher dimension than you, and whose electrons are vibrating at a greater velocity. Your electrons will soon pick up speed, and will be spinning at a rate that will propel you into the fifth dimension of Light, where we all await you.

For your information, you are all living on a HOLLOW EARTH. Your brothers and sisters who reside on other planets in your Solar System are also living on planets whose cores are Hollow. All planets in your solar system are Hollow, with life both IN and ON them.

Your sun, Helios, has a **Hollow core,** as all suns do. The light emanating from your sun is **cold,** not hot as you have been taught to believe. It only reaches a higher temperature when it comes in contact with your atmosphere. All celestial bodies are Hollow, as this is the way they are formed. It is time that these truths were brought to Earth!

We, in the *Galactic Command,* travel to all the planets in your Solar System, and are able to see them firsthand. Soon, you will have the capacity to travel to the other planets, and witness their true structure as well. Just know that all you've been led to believe will be open to dispute as you rise in consciousness.

Q: What do the oceans and mountains look like on the inside of the globe?

The Earth's Interior is the mirror image of the surface foundation.

Everything is in reverse order in the inside of the Earth. The mountain ranges are in direct proportion to the dimensions of the Earth's cavity, and tower above the landscape. The oceans are larger than life, and flow calmly and swiftly around the inside of the globe. The air is crisp and clean, and the sand is white. The Central Sun is dimmer than the Sun on the outside, and reflects the Light from the Heavens.

The cities are all nestled in lush woodlands, overflowing with flowers and huge trees. There is green growth surrounding all man-made structures. Everything is in perpetual blossom and bloom. It is a land of wonder and beauty.

All is in perfect proportion to the size of the circumference of the interior. Everything is larger than life—even the great Beings who inhabit the interior are larger than the mortals on the outside. All is beauty, and all is in a heavenly state of bliss.

Just picture the interior foundation reflecting the exterior foundation; with mountain ranges higher, and the ocean currents swifter, and the green land growth lush beyond compare. You do not need to picture a change in the contour of the land. It is still in its pristine beauty, and replicates how life on the surface once was. The exact location of the mountain ranges and oceans is not necessary to know at this time. What is necessary to know is that this Inner World exists, and co-exists with the surface, under peaceful and contrary conditions.

The Tunnels and Spaceport in the Hollow Earth

Know that cataclysmic weather conditions are in store for your surface population. Many negative thought forms are being released from your bodies and from the Earth, and these are causing drastic atmospheric unbalances, resulting in tornadoes, earthquakes, and

other variable conditions.

Up north, where it's colder and the days are shorter, people will begin to see a change in their weather and seasonal patterns. The days will grow longer and the seasons will begin to merge into one another, just as they do in the Hollow Earth.

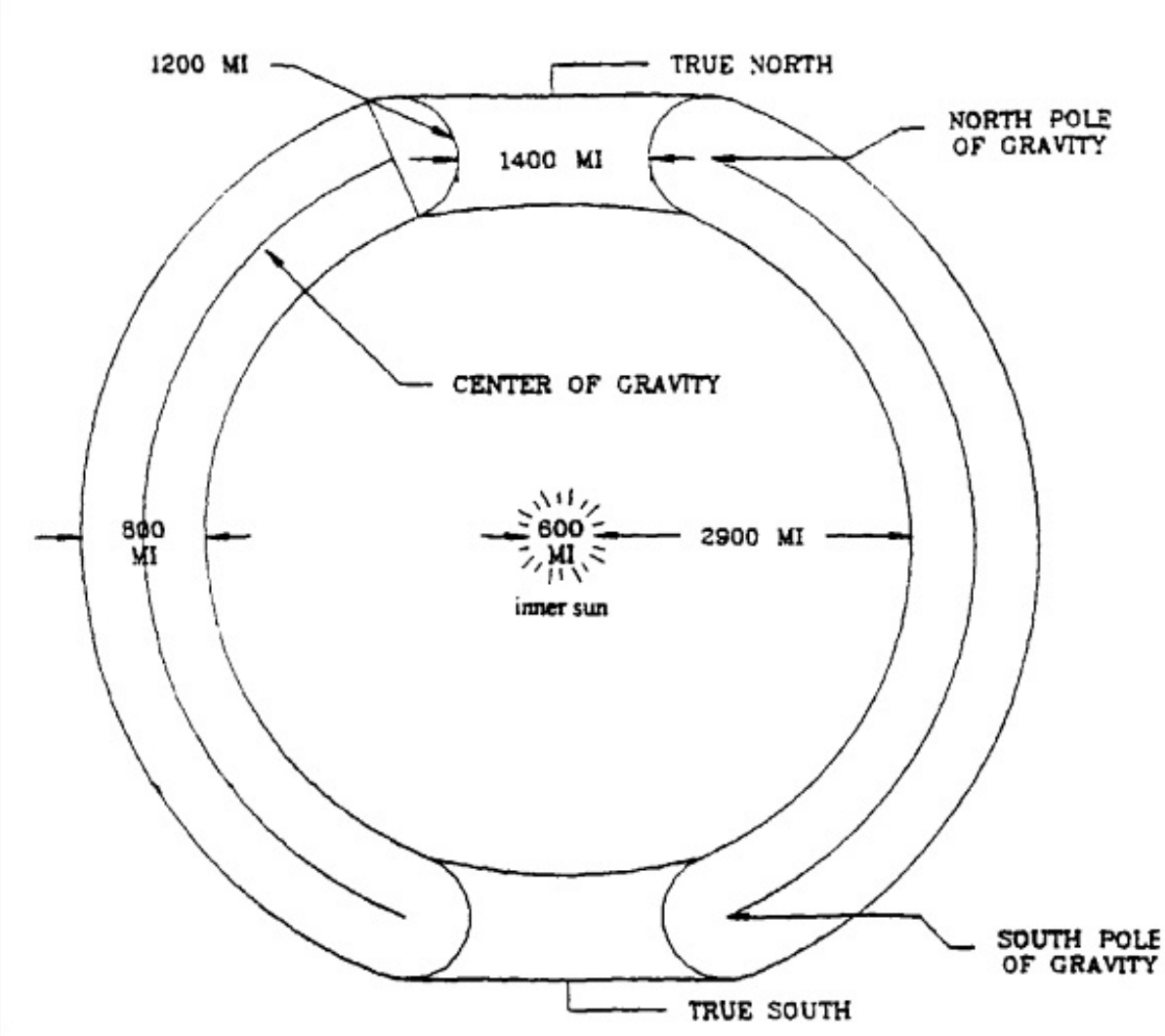
In the Hollow Earth, there is a constant temperature in the low 70's. This "constant" temperature allows the people to live in relative ease and comfort, for no obstacles impede their activities. The Hollow Earth is a Paradise, with tall, graceful mountains jutting into the "sky"; and large, clear, clean lakes and oceans that abound with life. The diet in the Hollow Earth is strictly vegetarian, and people are healthy, robust, and strong.

They, too, have isolated themselves from the surface population, although they come and leave the Earth freely using the spacecraft that are kept there in the Spaceport in the inside of the Earth. So although they are inside the Earth, they have freedom and health, and abundance and peace—all the necessary components of life that you on the surface have been crying out for.

There is free travel between the Subterranean Cities and the Hollow Earth through the tunnels, using our electromagnetic trains that can take us from one part of the Earth to another in a fraction of the time it takes you on the surface. Our transportation is quick and efficient, and burns no fuels. Therefore, there's no pollution underground.

We long for the day when you on the surface can travel freely to the Hollow Earth, where you'll be greeted with great joy and love. It is this return, to the Land of Eden, that you are all crying out for. We, too,

await this day, as all of us in the Subterranean Cities will join with you in the celebration, merging all our civilizations into One.



Earth's Interior

23. Inner Earth Beings

Adama Talks About the Inner Earth Beings Who Live in the Hollow Earth

Know that on Mt. Shasta it is very cold this time of year (December). Within Mt. Shasta, it is always temperate and perfect. We have arranged our environment to suit our bodies perfectly. We grow all our own food, importing only those commodities we wish to supplement our daily diet with. Our source of other foods is the INNER EARTH REALM, where it is summer all year round. They have delicious harvests of fruits and vegetables beyond your imagination, and they share all with us.

We have easy access into the Inner Earth World through our tunnel system, which goes directly through the Earth's mantle and into the Inner Earth entryways, where we are greeted by our brothers and sisters upon our arrival. We are always going and coming, since we keep up a steady trade relation with them. We enjoy their beaches and oceans, and climb their mountains. It is a gloriously beautiful realm of Light and Purity, and truly invigorating to be there.

Know that the spiritual state of the Inner Earth Beings is very evolved compared to the surface dwellers. These Beings came from another solar system to populate the Inner Earth. They never lived on the surface. Their home on this planet has always been in the inner recesses of Earth. They are, however, in contact with Beings on the surface, just as you are in contact with Adama in the mantle.

You, on the surface, are the direct descendants of roving bands of ET's, who created you to mine the Earth's resources. These Creator

ET’s don’t reside on Earth at this time. However, you all have the same Spiritual potential as Inner Earth Beings. Your life on the surface in no way mirrors life in the Inner Earth. The only things on the surface that mirror life inwardly are the mountains and oceans and plains.

These Inner Earth Beings have your surface conditions fully monitored. They know all that transpires on Earth, just as we in the mantle know all through our computer network.

The great Inner Earth Beings know of your yearnings to live in the Inner Earth, where all is in a peaceful, harmonious state. They do consider surface folk their brothers and sisters who have not as yet evolved enough to reside with them in the “land of plenty”. However, when you do reach a higher Spiritual state, then you, too, can live internally within Earth.

The Inner Earth Beings mostly watch your surface with little interest. They are involved with their own evolution, and don’t want to get involved with yours because of their past experiences of helping unevolved humans. They feel that the Light has to grow from within each surface human, and that until there is a fair amount of evolution present, their interaction with you has little effect, while at the same time, detracting them from their purpose. They feel there’s nothing they can do until your mass consciousness is in a higher state of evolution. It’s not a personal thing, so don’t take it personally. There’s a time and cycle for all things.

These Great Souls are of the Light, and are guardians of our Inner Home on Earth. They keep all in pristine beauty and harmony for the time when many of you will be allowed to “physically” enter their domain. These souls are mostly in an Ascended state, and are

continuing their evolution here because of the perfection of conditions. You don’t need to concern yourself with the thought of being abandoned, because you (Lightworkers) all chose to incarnate on the surface at this time to help bring humanity to the state where it can also live internally in Earth’s inner recesses.

Adama can link you into the Inner Earth, or you can connect yourself. You decide. In whatever way you choose, Adama is merged with you. Just call on Adama, and I will be there for your direct connection “in”.

Part Seven:
Messages from the Hollow Earth

24. The Inner Earth Beings Speak

LAILEL, you are now directly channeling us—the group consciousness of the Inner Earth Beings. You are a direct descendent of us, and have chosen to incarnate on the surface to bring our two worlds together. We are the Inner Earth Beings, and we are working directly with you and many others on the surface. We are imparting our knowledge of existence to you on a subconscious level, where you will have direct access to it as your vibratory rate increases. This is for your protection. We will converse with you whenever you call on us. We have taken over this dialogue from Adama because you don't need an intermediary. You are a fully developed channel, and can tap into our consciousness at will.

It's not the difference in geography that matters, but it's our hearts that are attuned to God that melt all differences, as we merge our Beings into One. And this is the way we live our lives, in total harmony with the Creator and the Creation. Differences that are so pronounced on the surface don't exist here, for we see only each other's Light, and communicate freely from our hearts.

Our lifestyles are very elegant compared to the surface. We live in what you would call palaces. They are palatial living quarters that are round and spacious, without inner walls for separation. This way, cosmic energy flows freely around, unimpeded by barriers, resulting in a highly charged atmosphere, free of dust. We are always surrounded by this Life Force wherever we are in our homes. Energy is always circulating and connecting, especially the love from our hearts. We are wrapped in the intensity of love, and give our love freely to others—and there's always more than enough to go around.

Our brothers and sisters from the Subterranean Cities have free access to our realm in the center of the Earth. Neither passports nor credentials are necessary to enter or exit. For this is God's world, and we are all God Beings.

Our lives are tranquil and peaceful, and this tranquillity gives us the opportunity to evolve rapidly, and to delve into whatever sources of study we wish to learn. This is the purpose of life—to ever evolve in an environment where all have access to the myriad wonders of the universe.

Know that we keep our Inner Earth safe, and are vigilant and caring individuals. We regret the monstrosities that are occurring on the surface, and we lament the state of affairs and horrendous acts of killing. If we were to intervene directly, what could we do, and who would listen to us? We could come to your aid, but only the Lightworkers would accept us, and the rest of humanity would turn against us. Therefore, we remain "inner" ground, just as the Telosians remain underground at this time. We are hoping to come to your aid at the time of the great merging of our many civilizations in the different strata of Earth. Only God knows this timing, and the Spiritual Hierarchy guides us all unerringly.

We remain your brothers and sisters, even though you have had little contact with us, much less than you've had with the Subterranean Cities. They are the advance guard, so to speak, with us following. So stand guard over your Earth, and maintain your Light and center of gravity at all times; then nothing will blow you away from your mission to reunite all of Earth's peoples. We are the group consciousness of the Inner Earth Beings, and we love you and admire your tenacity to endure the above conditions. Blessings, our brothers and sisters.

25. Mikos Speaks from the Library of Porthologos, Beneath the Aegean Sea

Our Library Holds the Records of the Universe

Greetings from the Center of the Earth. My name is *Mikos*, and I am a resident of the city of Catharia. I am talking to you from the Library of Porthologos, located in the Hollow Earth beneath the Aegean Sea.

I am very old by definition. I span eons of time in the same body. I have been able to compile Earth's records in the Library of Porthologos, where all Earth's history has been preserved. ***Our library is immense and extensive, and holds the records of the Universe—not just Earth.*** We can study the history of all planets and solar systems and learn everything about life everywhere. Such is our library's capacity. Not only can we read about it, but we can experience it all firsthand from our crystals that store the memories of all events. So we can access these events, learn from them, and solve our problems easily and with the best possible outcomes for all involved.

I am Guardian of the Earth's records, and all records in your Solar System and Universe. I am here, in the cavity of Earth, primarily to guard the history of all life everywhere. This is our prime purpose and the purpose for the Library of Porthologos.

Our library is the only one of its kind in our vast system of planets. Our library is so vast that it covers miles of terrain and has vast storage vaults containing records all stored on crystal slides that are viewed through our crystal projectors. Our storage facilities are vast, organized, and categorized, so that you can easily locate the

information you are looking for and retrieve it for viewing. We have vast conveyers that will deliver your order within minutes, and then return it back to its storage location again. This way, every item in the library is always where it should be and can be easily found and perfectly preserved. Such is our technological capabilities. For we have drawn on the technology of the Universe we reside in, and have the most advanced methods of preservation and storage and retrieval that would marvel your library systems beyond anything you could dream of.

For we don't have dead books on our shelves—***we have living records of life, in all its vast and differentiated forms of existence, that play out its story as on a live stage in a theatre; and we sit and view it, as if we're in the audience, thus having this firsthand experience of all history right here and now.*** It is truly a marvel to witness, and the most evolved way to learn about life in all its varied forms.

There are these mini-theatres all throughout the library, where we can sit in comfort and view any activity or event we choose that has taken place on Earth and in our Universe throughout all time. This is really what theatre is about, with live actors portraying themselves, as they were, at that particular event in time. This is the best way to learn about life in our Galaxy, and makes history come alive and jump out at you and capture your attention and you become part of it and feel it and experience it. It is the best way to learn.

Your surface Earth history classes are dull and boring compared to our way of learning, and this accounts for the loss of attention and loss of interest in your school classrooms— aside from the fact that your information is misinformation based on someone's theory or prejudice, rather than actual fact. You would like our library and would find

learning exciting and wondrous to experience.

Someday, you will be able to access all the information in the Library of Porthologos, when you travel here through the tunnel system that will be open between our two civilizations in the future, when surface humans stop warring and people reach Unity Consciousness. Then the world will open up to you and you will experience the joy and freedom of being in unity with All of us in this Universe, and will benefit from all our wisdom and all our accomplishments. This is how Planets, Solar Systems, Galaxies, and Universes evolve— by uniting in one consciousness and evolving together through Eternity— one step at a time, climbing the Spiral of Evolution together, and bringing everyone along so that all evolve and all benefit and no-one is left behind. Unity Consciousness carries us all, so that all life advances according to its divine plan, and all life is in harmony with its home planet. This is the best way to evolve, and we highly recommend it to you.

The Light is expanding in your mass consciousness and soon you will feel its intensity, which will drastically move your vibration into the higher octaves where the frequency will bring you all into Unity Consciousness without your realizing it. One day, you will just open your eyes and you will be there— and be with us— and marvel at it all. It will seem as magic to you and seem as if it always was; and all the suffering of the past will be obliterated and erased from your cells and you will rejoice at finding yourself at last. We will enfold you in our arms, and we, too, will rejoice in reuniting with you, our brothers and sisters, at long last. I am *Mikos,* your friend from the past.

The Story of the Hollow Earth Inhabitants

We would like you to hear our story now, as you are all familiar with the Subterranean Cities, but not really familiar with the Hollow Earth Inhabitants. We are a very advanced race of Beings that have never resided on the surface. We have come from other planets in your solar system and other galaxies from the far out reaches of space. We came here to oversee the Earth, and we came here to continue our own evolution without interference from any race or ET's. We are securely encased in the core of the Earth, sufficiently to protect us from all outside intrusion, so that we can evolve as quickly as we can in order to secure this planet as an outpost of Love and Light. For the quicker we can evolve, the quicker we can come to the surface to help struggling humanity gain its freedom into the Light of God's Love. This is why you have not seen or heard from us. It is because we have self-imposed this seclusion.

Now that you have all read about the Subterranean Cities in this book, and have had time to ingest its significance as part of Earth's history, we now wish you to acknowledge us, standing free in the Light of God, in the midst of you; constantly radiating out our Light and Love to you to grasp and hold onto as we pull you closer and closer to our heart's flame, until you meld with us into God's mighty stream of Light, enabling you to then go forth into the world, where you'll shine as a beacon, and where all who encounter your radiance become magnetized from within to begin their transformation in consciousness and increased awareness of the multitudes of Beings who are here to help you and all life on Earth to evolve into higher and higher states of consciousness until all of Earth, together, explodes into her ascension of Light, and all are freed of Earth's density forever.

This is our role, this is our final goal to carry out on Earth, and then

we will all, en masse, move up the spiral of evolution into the realm of Light and Love, and become who we truly are, living in a place of peace, beauty, and prosperity, together as one cell in God's heart. So make this journey into Light with us, by opening your hearts to our existence and welcoming us into your life, so that we, too, may guide you onto the steps of continual glory, where we step with you, side by side, on our path to God. So walk with us, hand in hand, and whenever you're weary, think of us holding you and supporting you as we all, as a planet, move closer and closer to our ascension. You are close, very close, and we are here to give you that extra push into the Light, where we all await your presence.

We bask in the Light of the Hollow Earth, where we have created a paradise within the womb of Mother Earth. And, we wish you, too, to experience this paradise along with us. We are now working closely with you, our brothers and sisters on the surface, and we cheer you on. I am *Mikos,* your friend from the past.

We Once Lived on Another Solar System

Greetings, my fellow travelers on Earth! It is *Mikos,* speaking to you today from inside the Hollow Earth, which is our home. We have been here for millions of years, slowly evolving ourselves into the God Beings that we are. Our evolution has made great strides due to the isolation of being wrapped up inside the womb of Mother Earth.

All our lives have been spent in peace and bliss, due to our location. We exist here in peace and tranquility because of the proximity to the heartbeat of Mother Earth. The more deeply one goes into the Earth, the more deeply one feels the beat of the Earth. And the more one feels Her heartbeat, the more one resonates to her

Goddess qualities. So this proximity has led us, over the millennia, to our oneness with all life and to our joy of existence. All life knows this oneness, yet most of life has yet to feel it in their outer bodies.

As the heartbeat of Mother Earth reverberates through the Earth, it reaches the surface, where you can feel and experience it. However, in order to feel and resonate with this beat of life, you have to be in peace. Your outer bodies have to be in coordination and in synchronicity with each other, all vibrating at the same velocity and all feeling the grace of God and immersion in the oneness of Creation. When your bodies are at rest, at night, they resonate to the deep beat within them. ***You can only evolve when you are in a state of peace.*** And this is why we, who are immersed in Earth's depths, have been able to evolve; because we have been in synchronicity with the beat of all life and with Ourselves.

Once we were adrift in space, living on another solar system in the Milky Way Galaxy. At that time, there were what you today call "Star Wars". People were engaged in battles to control our section of the galaxy. These battles brought great destruction to planets and knocked solar systems off course. This was a dark time for our galaxy, and beings like ourselves yearned for peace to be restored so that we could continue our evolution. This is when we discovered the Earth.

We left our solar system and traveled here, which at the time was a planet little known outside its parameter. When we alighted on the surface, we were amazed and in awe of the beauty and tranquility of Earth. We explored the surface and found the open tunnels leading into the cavity inside. These were already existing tunnels from other civilizations, for the Earth is very old and her civilizations ancient.

All planets have openings at their north and south poles, and we migrated through the poles and found our “nest” inside. The inside is so clean, so pure, and so peaceful, that from that time on we never left it.

Throughout the ages we have enlarged and expanded the tunnels leading to the Subterranean Cities and surface, as a means of travel for our inhabitants and yours. Although not too many surface travelers have used these tunnels, they exist for the future, when more of you and more of us will intermingle and make the trip to visit each other. So the surface is dotted with tunnel entrances that you see on the map in this book [at the end of Chapter 11], leading both to the Subterranean Cities and to us. This is how it is on most planets in your galaxy, where people travel freely to both the cradle and the rim, to exchange information and to learn from each other.

Your Earth has quite a history, going back into millennia of time. Unfortunately, its history isn’t always peaceful, because once it was discovered, people fought great wars trying to control it and mine and remove its precious resources. So know that these times of raping the Earth are over with. These beings are no longer allowed entry to this sector of the Galaxy which is steadily rising in Light, even as the waves lap the shores. The Light is flowing ceaselessly now, and bringing the tranquility and awareness that all surface dwellers yearn for.

We, here in the Hollow recesses of the Earth, have been calling for eons for more Light and for help from the Confederation of Planets to intercede to stop the influx of ravaging bands of ET’s who have been scouring space to find planets that are rich in reserves like Earth. But today it is done. Know that the Confederation fully protects this sector,

so that life can finally begin to evolve in peace.

All life forms presently on Earth are opting for the ascension. However, some will ascend with the Earth and with us at this time, and the others who have been unconscious of their inner choices and unwilling to ascend at this time, will do so at a later time. Know that the Earth's ascension is assured, and that we will all be moving our location closer to Helios, our Sun.

The people in the Hollow Earth are overjoyed with the rise in frequency that has taken place over the last few years. We yearn to connect with you in the physical, and now this connection is fully assured. We can even "guarantee" this, as you would say above. Yes, you are above us, but depth of location is irrelevant. ***For with peace coming to the planet, all life will be assured of rapid evolvement to make up for the lost days of darkness.***

Humanity has learned its lesson well, and has learned the futility of war and bickering, and cries now for an end to the insanity. And the end is coming. You are witnessing the last eruptions on the surface.

From this point on, you will begin to see the merging of peoples, places, and principles, as all come together in ONE UNITED EARTH. This is the day God has been waiting for. This is the day your holy God Selves have been praying for. This is the day we will open up the tunnel exits and come to you, with our brightly colored robes and sparkling sandals, bearing gifts of immense riches and the necessary devices that will return your planet to its pristine state once again. ***For we can solve all your pollution and sickness problems in just moments.***

You have been gifted beyond measure with talents and intelligence that are now surfacing. Many of you are regaining your gifts that were

hidden from your sight. One of these is telepathy.

You are all telepathic, and you can all converse with us. You are just now beginning to realize how gifted humans really are. So gifted, that in fact you could actually do everything that we do, because we were once you.

We once went through all that you are now experiencing. But with our entry into the cavity of Earth, we were destined to evolve, just as you are destined to evolve as the Earth's frequency speeds up. Your innate gifts will shine through and you will rejoice at your capabilities. Once you reach a certain frequency, your consciousness will burst through the density and you will see all and know all, and we will be here with you at last, enfolding you in our love.

We reside here, in the Hollow Earth, amongst great richness, and live in great palaces infused with Light. To you, it would seem as a fantasy land, but to us it is real, as we created it from our own God Selves. We created homes for Gods and Goddesses, and this is where we dwell.

We dwell amongst richness your eyes cannot yet conceive of. Every possible convenience is at our fingertips and our environment is more beautiful than you can imagine. Our homes are set in the lushness of the countryside that abounds all around us, and are built right into the natural environment, surrounded by lakes and streams.

We have no cities like yours. We have only "country" that never ceases to amaze even us. The trees and flowers are vibrant with pulsating hues and shapes, and caress our homes and land. Everything is "monumental", as you would term it. Even our trees and mountains are double the height of yours, and of course our bodies

are taller and larger in frame. The width and girth of our figures more than doubles yours, and our fruits and vegetables are huge in comparison to yours. All our foods are organic, as we are in tune with Mother Earth, and she personally directs their growth.

We live in grand palaces made of crystallized stones that are embedded with jewels from the Earth. These crystallized stones create a magnetic field and radiance that nurtures and balances our bodies, and fills us with the Life Force emanating from the Great Central Sun of our Universe. All things in our homes radiate the purity of God, and tune us to God's vibrations. For it is God's love that fills our homes and God's love that creates the richness in our lives.

Our homes are round and translucent, and blend into the countryside. By outward appearances they give us total privacy. But once within, we can see out in all directions around us. This gives us a spacious feeling of vision, rather than being "locked in", as you are on the surface. Not only can we see out of our homes, but we can see out beyond the Earth, to the Stars in the sky. Our vision has no boundaries or barriers, wherever we are in the Hollow Earth. Our eyes and senses are free to roam the Universe, while our bodies remain inside the globe.

Our fields of grains sparkle and thrive in our fields, that are perfectly touched by the "Sun" and rain to produce the most luscious of crops that are so pleasing to our palates and so invigorating for our bodies. Our food pulses with the force of life, and when eaten by us, transfers the Life Force into our very cells, which results in perfect health and longevity of years.

This is the secret of life, this is the hidden fountain of youth you've

all been looking for on your surface. It is found in the Earth herself, just waiting to give you its Life Force if you will but follow nature's laws of planting and harvesting crops, using only nature herself to direct the process and oversee the growth. With the great forces of nature working with you, you don't need to add anything to the soil, and the harvests are always magnificent in size and nutrients and taste.

This strength given us by our foods enables us to perform Herculean feats with our bodies that you would consider impossible. We can walk and run extremely long distances without tiring, and swim for hours at a time. We are not tired at the end of a day's "work", because nothing we do is "work". It is all joy and ease, and contentment is felt at the end of each day.

Our lives are truly wonderful, and we have much to feel blessed for. But we have created this utopia ourselves, and so can, and so will, you. For your future is to be glorious. ***You are about to break through this density into heaven.*** And this heaven is right here on Earth.

Right now only half of the planet resides here, but soon the whole planet will be in the heaven you've been searching for. For ***heaven is not in another place; its location is right here on Earth.*** Right here where you live. You only have to bring it here through your higher consciousness. For heaven is just a frequency, and you are now rising rapidly toward accessing that frequency. And we, here in the Hollow Earth, are applauding your desire and determination to grow in awareness and reach the frequency of ascension that is plummeting to Earth from the Great Central Sun. Your Father/Mother, God and Goddess, Alpha and Omega, are bringing you home, back into their bosoms of love, where we will all dwell for the rest of eternity.

For more messages from *Mikos*, the complete book of ***Messages from the Hollow Earth*** can be purchased directly through Dianne Robbins at:

www.DianneRobbins.com
TelosMtShasta@gmail.com
585-802-4530

Part Eight:
New Messages 2007

26. Inner Earth Dialogues

These new telepathic transmissions were received in the year 2007, from Adama and Rosalia in Telos and Mikos in the Hollow Earth. Rosalia is an Elder who has been living in Telos since the time of Lemuria's demise. She migrated there at the onset of the Atlantean/Lemurian wars over 12,000 years ago.

I am Adama. **The Telos book is my podium. It is how I hold court. It is the place where people gather to hear my words, and I speak from it to all Lightworkers and all surface dwellers.**

The way to Telos is through the Telos book. The way to the Library of Porthologos is through Messages from the Hollow Earth. It is the vibration of the books that will carry you there.

Heed my words—for they will assuredly lead to our emergence to the surface and to the ascension itself. The more people who read my words, the more rapidly our emergence will occur. This I assure you.

Our Messages Are About Love

I am *Rosalia,* and Adama and I are here today sitting beside you as you write on your computer. Know that we are so anxious to begin our sessions and give you new messages to expand the ORIGINAL TELOS edition, and so joyous at the thought that we are working so closely together again on this plane. And yes, we are on this plane of existence with you, only we are buried deep within the ground you

reside on. Oh, what a thrill this is for us.

And now for us—you are always with us in our hearts, thoughts, and visions, and we are united as one cell in the heart of God. **It is the Creator's wish to bring forth more messages for your book, and we, as part of the Creator, are complying.** It is all so easy—we just follow the Will of the Creator and it happens. So my dear, shall we begin?

Our book is about love—the love that creates, the love that flows from the heavenly father to all above and all below. Just as the sands on the shore flow from the waters inland, the love from the father flows inland to us, his creation. Oh my, what a flow, and the more you open your heart to this creative flow, the more you receive, absorb, and reflect to others around you until your aura becomes one big golden ball of creative light. It is such a sight to see and soon the consciousness on Earth will be raised enough that all will see the light around others and all will realize the oneness and connectiveness of all souls, especially all souls on the surface. It is not just in the higher dimensions nor in the Inner Earth that this connectiveness exists but this connectiveness connects us all, equally, only we are aware of it as your physical eyes cannot yet perceive it. So you, Adama, and I, *Rosalia* , are connected. We always have been and always will be. Just hold on to this vision of connectiveness and our love will flow vividly between us and bolster you during your days.

There is so much to talk about and our flow is easily and swiftly moving back and forth between us as our energy is connected and ignited in our flame of transmission. For everything is electrical—our thoughts, our love, our dreams, our desires, and telepathy are electrical with no time lapse. I think it, feel it and simultaneously you get it. What a wondrous way to unite. Yes, that was my voice calling to

you this morning and you heard it audibly through the purity of your soul. We will stop now, so that you can digest this message and prepare for tomorrows'. I am *Rosalia,* your sister in Telos awaiting your return to our Mountain this summer. The Mountain will be all decked out in her finest greenery for your return to her.

Rosalia

It Is All About Community

Greetings, I am *Rosalia,* and just bubbling with excitement to be

here with you today. Sunday is such a fine day on Earth, especially on the surface where people are at home with their families and relaxing. This is a fine time in the year also, as the autumn has set in and the leaves are beginning to turn their fine shades of oranges and reds and even some purples. Here in Telos, we do have purple leaves, and they are outstanding in their brilliant hues.

And so my dear Lailel, we sit side by side, you at your computer and I by my stream that is running alongside my home. The grass is lush, and I am cushioned by its softness and embraced by its fragrance. All around me it is quiet, with just the murmur of the leaves and the songs of the thrushes. It is a perfect setting to meditate and communicate to you across space.

Our lives here are joyous, not like the quarrelsome ways on the surface. Here in Telos, everyone is at peace with themselves, with their neighbors, and with our city. Everything runs perfectly. Nothing is late. Neither trains nor space craft are ever late. We don't need reservations or passports to go anywhere, and all transportation departs at evenly spaced intervals so that everyone knows when everything leaves, making it very easy to travel. You just "hop" on when you want to go somewhere, and you do the same when you want to return. This in itself takes out a lot of the stresses in life, since you know that you can always travel freely and free of charge, anywhere and at anytime. So we are able to stay closely in touch with our friends across the borders, although we have no borders, just different geographic locations of communities.

We wonder how you can live in such separation from each other on the surface, though we know that it is not to your liking. Most families are now separated and live in your different cities and states, which

increases the stress factor of life. Families were meant to stay together, not to separate.

Our community's adhesiveness comes from our staying together as family units, which gives us inner strength and keeps our cities "alive" with vigor and cohesiveness. It gives us the strength to be all that we can be, because we always have each other to fall back on and a cushion to rebound from. So we never think in terms of failure as you do on the surface, because this just doesn't exist here. We always have each other, our communities and our Temple with its Priests and Priestesses. So you see the difference? Life was meant to support us, not to cripple us.

It is all about "community"—people living together and working together for the good of each other and the good of the community. Not the other way around as it is on the surface, where people work only for themselves, giving no thought to others.

Striving to help others is foremost in our daily routines, and our children learn this at an early age. It is passed down from generation to generation, even though our generations are very long in length and last for hundreds and thousands of years. My grandparents are still alive here, being many thousands of years old by now. So if we talk in terms of generations, in thousands of years I am only the third generation. So you can see how carefully we must think about how we live our lives, because everything lasts so long. We cannot afford to make mistakes, because our Immortality is at stake. We must always think ahead and work things out with each other in the most beneficial way for all involved.

This is why we go slowly and don't rush through our days as you

do. We try to make our days last as long as we can hold unto them, whereas you rush through yours, hoping they will quickly end so you can go to sleep, only to begin all over again the same routine of rushing and stressing.

If you had the Universal Laws and understood how this Universe works, your lives would have changed eons ago. But this information has been withheld from you, so you think that this is all there is, and this is how life is meant to be lived…in a daily struggle without hope.

Well, we can give you hope, and through the pages in our books you can learn how we live our lives according to Universal Laws. You can also learn these Laws and Truths in so many other books that are now available, and of course there is a wealth of this information on the internet. There is no reason for you to be in the "dark" any longer. When enough people on the surface wake up and become aware of the Universal Laws and Universal Truths and start living them and applying them to their lives, everything will change, including your governments—the perpetrators of this current darkness.

So know that there are brighter times ahead. Indeed, it is the awakening into the "glow" of the fifth dimension, where everything is "known" and everything is "light" and everything is "One". I am *Rosalia,* and I bid you good day.

Reuniting with Your Soul Family Extended Family Living Accelerates Your Climb in Consciousness

Good morning. How joyous to be connected with you again. Our history together is long, and we are ancient friends from the past, renewing our loving friendship even now, though we are miles apart and separated by the dimensional constructs of the planet. Although

our dimension is not so different from yours, it is still different in its vibration and its location in the Earth's etheric realms. For there are many strata of different dimensions vibrating at slightly different rates, and some even overlapping one another such as ours which overlaps yours, especially in the Mt. Shasta area.

This is all very well and good, since we want to have physical contact with you and this gives us the opportunity to merge with you on so many different levels. Telos is quite a unique city, because it juts up for all to see and is so obvious to all who travel here that this is a high energy place. So many people come here just to bathe in our energy, both emanating from the mountain herself and from us. For our energies blend with the mountain, boosting the vibration of the whole Mt. Shasta area, and even extending out to the other smaller localities.

This is the way it also is on the surface. Humanity has its own distinct vibration that interfaces with the whole Earth's surface and culminates in what is called your "mass consciousness", which registers your state of evolution and determines the rate in which you evolve. You can only evolve within this consciousness construct that you are immersed in. So if you were to live in Telos, you would evolve at our rate because you would be immersed in our canopy of speeded up vibration. You would be under our umbrella vibrating alongside us at our rate. Do you see this?

On your surface, you all vibrate according to the lowest common denominator, thus your evolution is slowed down to a snail's pace. We don't mean this to offend you; we only want you to understand that it is the mass consciousness of all inhabitants that determines the group's level of evolution. Yes, some of you are quite evolved in spite of your

living under the surface conditions, but most of you have been unable to access your true potential because of the heavy vibration suffocating you.

The Lightworkers are very evolved Light Beings, most of whom are still trapped in the surface density, and unable to access who they truly are. You are Light Servers who have come to help a struggling humanity lift themselves from the mire of density, and in the process you got stuck yourselves. This has been a tragedy.

But now with the increased influx of light streaming into the planet at never before increments of intensity, everything is lightening up so that all the density is slowly dissolving around you and you are beginning to recognize who you are and finally grasping your potential and recognizing your gifts and talents that have been hidden until now.

All is connected. Remember, we are all One. So if one of us is trapped in density, it brings all around us down on the Light Scale that measures a planet's consciousness wave. It is very mathematical, and there is even a formula for it, which we would not give you since you wouldn't be able to understand and it is not necessary for you to know anyway.

Just know that as you, as surface dwellers, climb the scale of consciousness, you begin to merge with all the forces around you, including the nature elements, the Earth herself, and us. We all long for you to join with us, for we have been separated for far too long. It is in the merging that consciousness accelerates.

You've heard of the domino effect, haven't you? Well, the force of one has a direct effect on all the others along the line, propelling them

up in vibration until all are caught in a maelstrom of light that is greater than the part. In this case, you merge into a consciousness that is greater than each one of you could possibly attain if you were alone. This is why community is so important, and why extended family living is so important, because the group dynamic propels the individual to expand at wider and deeper levels.

Living alone as a hermit on a mountain is such a slow and arduous way to raise one's consciousness level. This was the old way of thinking, and people have finally realized that they have to be part of a family, part of a group, part of a town or city, and to be actually involved in everything around you. For it is your involvement that adds to the dynamics of growth, and exponentially expands and increases its potential. This is what we want to make you aware of. To take a more active part in group endeavors, so that the group becomes your family.

It is not only biological families that we are talking about, but this is the time to create a family from friends. Friends who are tuned to the same wavelength and have the same dreams and aspirations as your own. This way, those dreams and aspirations will have a chance to expand and multiply and manifest using the group dynamic of sheer numbers. The more people involved in a group dream, the more likely and quickly it will manifest.

This is how we do things here in Telos. We all merge our dreams and aspirations together and manifest the health and abundance that surrounds us. You too can do the same. You start with your small group of like-minded friends, and bond your friendship into a cohesive family unit, and dream, dream, dream. **ONE DREAM, ONE PEOPLE, ONE PLANET —** rich in love and abundance. This is what we have

created here in Telos, and you can now do the same.

We are here to help you understand that you are no different from us; you have just been quarantined on the surface with no guidance and little light, which has hindered your growth. But things have changed now, and soon we will be emerging and setting up temples on the surface where our priests and priestesses will be available to all who choose to learn the ancient ways, truths, and laws of the Universe from us. What a grand day that will be, and it is soon approaching. I am *Rosalia,* your sister living in Telos. Adonai.

Clarity Helps You Navigate

I am *Rosalia,* wishing for an opportunity to speak. Today it is balmy inside Telos, and the air is fragrant with jasmine as I sit here on my stool dictating to you. I am inside my abode which is open to the air, and can see out in all directions from inside my home.

The beauty surrounding us all here in Telos is beyond description, but can be captured by you out in your mountains and wilderness that still remain. Our rivers and streams are still in their pristine state, and our air is still pure and clean. We have no fossil fuel industries here. In fact, we have no industries at all. All that we need is brought in by the Galactic Confederation of Light Ships that are camouflaged in the lenticular clouds you see atop Mt. Shasta.

There is so much to say about your world that seems to be decaying all around you, as indeed it is. This decay is on so many levels. It is not just the physical pollution that you see; it is the pollution and decay of men’s minds from mass programming from the media, to the point where so many people can no longer think clearly. Their minds are clouded with fear and negativity and confusion, playing right

into the hands of the dark. When you are filled with fear and confusion, you can be led so easily. It is only clarity that can help you navigate and make choices for your highest good. Without clarity, you are led to make choices that are not in the interest of the American people, only the interests of the government and corporations.

If you can take time out of your days and walk in the woods, or just around your block, you can clear your head and free your thoughts so that they can wander out to the Universe and find freedom and hope.

I thank you for connecting with me here in my home in Telos. I am *Rosalia.*

Whatever You Perceive You Receive

Good morning Lailel. I am *Rosalia,* and so thrilled to be here sitting with you. Actually, I am lying on the grasses as we make this connection. It is a beautiful place to be, so close to Mother Earth's heart that I can feel her beat. I pass it on to you now. Catch it. You will feel the love and warmth emanating from both our hearts now. You are doubly electrified and your cells are churning faster.

So now we begin. If you could hear the melody I would sing to you, for you love singing. Our hearts twine in the melody and our souls merge to its rhythm. Everything is in song here. There are choruses everywhere—the bees, the trees, the particles of air, all create their own arias of healing, soothing melodies that rejuvenate our souls.

As for Lemuria, in the long time past when we once flourished there in great abundance and great joy, those times taught us great lessons that we have carried through into our lives to today. The excruciating experiences taking us from heights of joy to depths of suffering.

Knowledge and experiences transformed into great wisdom that resides within us now. It is the wisdom that we have gleaned from all our experiences that have catapulted us into higher states of evolution that we now experience here in Telos.

And so it is with you on the surface. You, too, have experienced the joys and the sufferings, and the myriad of wars and family arguments that have torn your families and society and nations apart. You too can reclaim your lives, can reclaim your birthright of living in abundance and peace, by using your own experiences to lead you into the light to break through your limitations and break through your belief systems and take your experiences and find the kernels of truth and wisdom that flow from it. Then you use this wisdom as a guidance pointer to point you in the direction of your soul's purpose in this lifetime. Guidance is necessary. And it comes as a by-product of wisdom. Use all your life experiences to open the way into higher levels of awareness of all that exists around you. For around you is all that you see and all that you don't see, so make your way carefully, move into the Light, **until the unseen becomes the seen.**

There are so many unseen Guides and Angels guiding you now, that your living space is crowded, with not enough chairs for all to sit. So they stand and hover about you, as you make your way through your day.

Your yards and parks are now filled to overflowing with Nature Spirits and Devas, and the Mer People have returned to join with you again. Love and abundance abound everywhere—feel it, sense it, smell it, taste it and love it back. Find yourselves again, as you once were before alighting on this planet, before volunteering for this service, and see yourselves as whole and complete. However you see

yourself, whatever you out-picture, returns to you. Out picturing perfection will only bring your reflection back to you.

Whatever you perceive, you receive. Your perception of yourself will reprogram your cells into your true divine blueprint of physical perfection—the perfection that we in Telos live daily.

I am *Rosalia,* your sister from within your heart.

Align With the Will of Your Creator

Blessings on Valentine's Day. May the Love that is sweeping around the globe sweep through your heart and lift you off your feet into the heaven world. Today, as well as every day, is a day to feel the love of the Creator and to return this love back in an arc of reciprocity.

Let us say that in the beginning was the thought, as it always must be. And this thought took shape and congealed, and went out to the ethers and was reflected back by the Creator to the creation and back again, as our thoughts do. Our thoughts play this game of going out and returning back, and each time they return they come in with more information and more refinement and more attunement to the Will of the Creator. For after all, aren't we all here to bring forth into our lives the Will of the Creator? For this is who we are a part of, so it is only natural to do the Father's Will while on Earth and this way, we align with our soul's purpose…which is to always carry out the Will of the Creator, the Divine, the All That Is of which we are.

Once knowing this immutable law, we cannot stray on our path, but are glued to it, undeviatingly, with no mishaps or wrong turns. Just a straight, true path to the divine goal of enlightenment. Ah, this feels good, doesn't it? Yes of course, we answer, because then there are

no worries, no doubts, and our minds are free to move in the direction of our dreams and goals, knowing that we are being led perfectly along our path.

This is how it is in Telos. We follow our soul's path, knowing that we are being guided and directed divinely from within our very soul, and that ultimately we will reach our goal. It is called the "Divine Connection", and we invite you in. It is a wondrous place to reside, and living in this state of euphoria is sought after by all the gurus and adepts. We all can be here by just making this divine connection, sitting back, and then watching it all unfold in divine order just as it is supposed to. It is really effortless, the process itself, for it takes place within us, rather than by us. Quite a distinction isn't it? My, you are quick learners, as I see you can understand this concept quite easily and effortlessly.

So as you go out into your day, remember to check in with the Divine Creator to reveal all you need to know and achieve in each given moment. And the given moments are many. They pile up into infinity and are countless and the only way to keep up with the tide is to stay in the moment, with your Creator, and you will always be where you are supposed to be, doing what you are supposed to be doing.

Spiritual Laws are wonderful, aren't they? They were made for you. So please do use them. As you on the surface use these Laws, and as we in Telos use them, together we will find ourselves more and more connected in consciousness and closer together than ever.

I am *Rosalia,* and I bid you good day.

Connect With the Weather Spirits

I am *Rosalia*. Here in Telos it is a beautiful day of soft breezes and blue sky and flowers budding and blooming across our landscape. Our weather is always so fine, so delightful, and so cozy and warm that you would just like to curl up under a tree and take a siesta for eternity. Not like the blistery weather you are now experiencing on the surface, where there are huge amounts of snow and ferocious winds pounding on your body and buildings. The weather on the surface is creating quite a roar, literally, as the Earth is in the process of balancing and ridding herself of toxins and negative thought forms accumulated over the centuries. Our weather here is based on our thoughts and love and purity of heart, and is reflected in the softness of the breezes and warmth of the air and gentleness of the climate. For all we think and feel, our weather reflects back to us. And so it is the same on the surface. All humanity thinks and feels, your weather is reflecting directly back to you. If only people would understand this principle of Universal Law, you could be creating a utopia of weather conditions.

Our technologies are so advanced, but you know that your government has all these advanced technologies to create a utopian climate with free energy for everything on the surface. And yet, they use this technology for only themselves, for their devious plans to control the planet. This technology is now in operation and is being used by the ones in control of the masses, so that they can control the masses. It is used for their own personal selves, in their own underground cities, that the surface population does not know even exists. Yes, there are hundreds of government controlled underground cities existing beneath the surface, with the most marvelous technological devices that make life so easy to live and remove the

drudgery involved and the long hours of working that you currently experience on the surface.

You can help balance the weather by balancing your emotions and feeling only the love of the Creator in every thought you send out. When you go outside and experience the cold, snow, and wind, send it love. Connect with its spirit and caress its violence and soften its harshness with your love and it will respond to you in subtle ways, but it will respond and it will be thankful for recognition. It too is alive in consciousness, as every speck of snow and every raindrop has consciousness as its form—how else could it exist?

Remember, we are all part of the Creator, and your Creator creates only from consciousness—it is the only building-block in existence. Everything else is a direct by-product of consciousness materialized into form—physical form of a density that your eyes can perceive. Soon, we will be appearing on your doorstep, bringing to you the technology you so desperately crave to return your surface to utopian conditions again. We await this time. I am *Rosalia*.

Q: Can you tell us about the Weather People?

Greetings, I am *Mikos*. Today is a glorious day here, as all days here are glorious, and as you will soon discover on the surface. As your consciousness rises and Earth throws off its density and the negative forces leave, you will feel the difference in your days.

Your days reflect the level of consciousness prevalent on the Earth. The day reflects the quotient of Light carried in the mass consciousness, and this quotient determines how you feel. Some days you can feel glorious, and some days you feel the lowered energies that are prevalent. It just reflects the balance and which way the

pendulum tips. But our days here are always glorious because we maintain a very high Light quotient and all our bodies are always in perfect balance, which is reflected out to the Weather People and then mirrored back by the Weather People, those Elementals who determine our weather based upon our feelings and thoughts.

Don’t you remember how on some beautiful sunny days you were feeling sad about something, and how this clouded the beauty of the day and you couldn’t see it or enjoy its sunshiny rays? Well, it is the same with everyone. If your thoughts and feelings are immersed in sadness, then you cannot feel the joy around you. And if most humans are immersed in sadness then your days on Earth become sad and gloomy, and overcast by clouds. These are the Elementals just reflecting back to you what you are projecting out to them. For everything is a circuit, and travels around like a wheel, pulling everything along with it. Keeping this in mind, and monitoring your thoughts and feelings, will help free up the Earth plane from its gloomy outcast so that the sunlight, that is always there, can shine through to you.

Sunlight and joy are always there, no matter where you are located. It is just when you are covered in gloom that these rays cannot penetrate you. So no matter what occurs, stretch yourself, stretch your mind, stretch your feelings through to the higher frequencies of Joy and think beyond what is occurring on the surface. Think beyond to the Galaxy, to other star systems, to us inside the Earth, and dream, dream, dream. For it is the dream that you hold in your energy field that goes out to the ethers and infuses the mass consciousness with joy.

We all wait for you by the Gates of Eternity, which is what we call

our domain. For our land is as eternal as we are, as long as we maintain our balance and frequency of Love. If you lose your balance you fall. The same with Immortality. To sustain our Immortality, we must stay emotionally balanced at all times, and keep our heads in the clouds—dreaming our dream of eternity. For it is the dream that sustains us.

We are walking now by the lake next to the Library of Porthologos, where the water is rippling and the sun is shining and the breeze is flowing soft currents of energy around us. The air is fragrant with flowers and we are immersed in beauty. We send this beauty to you and hope you can feel our connectiveness. For there is no separation. Our thoughts are one.

Q: What is in the Eye of a Hurricane?

All the elements are composed of Elementals who are “alive” with consciousness, including the consciousness in the “eye” of the hurricanes. The Spirit of the hurricane is located in its eye, and you can communicate with its spirit and send it love to diminish its intensity and change its direction.

You can work with all of Nature and all natural disasters like tornadoes, earthquakes, flooding, and eruptions and disruptions of all kinds. Nature is just waiting for your contact and connection and waiting to have you work with her to bring balance and harmony to the Earth so that it can supply you with its abundance and perfect weather as it once did in the long distant past. All Nature waits for your acknowledgement and heart connection to begin the process of rehabilitating and renovating the Earth’s ecological and biological systems into divine perfection once again.

There are no hurricanes inside the Earth because we exist in a peaceful state of oneness and connectiveness with the elements. We all work together in cooperation as ONE.

Endless Days

Greetings from Telos. We stand beside you as you type our words onto your computer. We are so glad to be with you this grand morning on Earth. In your time it is snowing, but in our time it is warm and sunny. Soon the weather conditions will drastically change on the surface so that all your days will be like our days—perfect. Now, when this happens, what will the populace talk about? Now, your favorite topic is the weather. Well, won't you be surprised. There will be so many surface changes that you'll never run out of topics to talk to your neighbors or postmen about. Everything will be a topic of conversation, and everything will be so new it will light up your eyes and put smiles on every face and hope in every heart. For at last, you will all see and feel the Creator's love being physically manifested for humanity in tangible form.

How excited we are for you all. And how excited we are for ourselves, for with this happening, we will also be given the divine signal to emerge. Yes, we are ready. We are all "packed" as you would say, and ready for the trip up. Our hearts are brimming with such love for you all, and soon we will be able to display our love for you, by bringing you all our technologies to clean your pollution and heal your beautiful bodies. Our love for you has no boundaries, and soon you will learn to love unconditionally and profoundly as we do. Love is all there is, and it too is a free commodity, and the best investment you can make in this lifetime.

And now we would like to talk to you about time frames. Time frames for change. Time frames for travel. Time frames for healing yourselves.

All time is non-existent. Yes, that is correct, it doesn't exist. It only exists in your third dimensional world so that you can learn your lessons in some kind of progressive order, to keep track of your progress and to see how far you have come. But on other worlds of higher dimensions, there is no time; everything spins around in a circular fashion, thereby occurring simultaneously. But here, you need this linear way of seeing events in your world unfold.

So our beloveds, don't be surprised by the way time is seemingly speeding up. It appears to be speeding up, because your consciousness is expanding. As your consciousness expands, your perceptual vision and awareness expands, taking in more of what exists around you on higher planes of thought and feeling. Thus, time appears to speed up, because you are taking in so much more that your days just seem to race by.

Soon you will dispense with your calendar, and instead of counting the days, you will count the weeks, then the months, and then you will stop counting completely, because you'll be living in an uncountable time frame noted by cosmic events and using a cosmic calendar. This is how you stay Immortal. You don't count days, you count stars. And since there are an infinite amount of stars in the heavens, you'll soon give up and resign yourselves to the fact that you are Immortal beings with nothing to count. Only endless days to live and grow and love and evolve in the image of the Creator. My, what a relief this will be for you. Don't you agree? No more counting, no more racing to get things done on time—just knowing that you have an eternity to complete your

soul lessons in a loving and peaceful environment, just the way we do in Telos.

This is what life is about. It is a slow, easy, calm, rhythmic pace, allowing for change to happen gradually and in a way that lifts your soul in increments so that every once in awhile you stop and reflect and say, “My, how did I get to this place in my understanding? I wasn’t even aware I was moving in this direction, and now I am suddenly here, and have reached this plateau without any effort or strain.” Well, we can answer and say that it just happened because there were no outward constraints to prevent it. When you are part of the environment, all moves together, and you don’t notice the movement, because you are in the flow. This is how evolvement takes place. No stress, no strain, just being in the oneness with the flow.

This coming attraction is soon to come to the surface—it is making its preview now. Do stay for the movie; it will be the best yet. I am *Rosalia,* with Adama by my side.

The Flower People from the Hollow Earth

Greetings, we are the *Hollow Earth Entourage,* talking to you today. Yes, Mikos is prominent among us, as he is your main connection to these telepathic transmissions. So we are here to talk about the flowers, and how they bloom so beautifully and so abundantly in Spring. They lift their heads and turn their faces toward the Sun, and lo and behold, their magnificent bodies emerge from the dirt and you see their full beauty and smell their deep fragrance. They are magical aren’t they? And they have a message for your surface folk now:

Dearest people on Earth, we are the *Flower People* from Catharia, here to guide you also, and to bring you the fragrant scents and smells

from the Heaven World through our delicate and beautifully shaped bodies of Light. For we are of Light also, although your five senses do not yet detect our vibration.

We flow our Light to you in currents of waves when you kneel beside us to smell our fragrant petals or to touch our stems. This is especially so in the Hollow Earth, where the people are connected to us in their full consciousness. Soon you will be too, and then we can converse and play together. Yes, we love to play, and we do this easily. Even though we cannot move around, our laughter and voices can be heard whenever you are in our vicinity, and we can play in our thoughts and visions and sing to all those around us. If you listen deeply, you can hear our songs and sing along with us. We invite you into our aura and into our lives.

We were sent here by the Spiritual Hierarchy to guide you into your ascension, and to bring you the beauty of Heaven. For as you connect with our beauty, you connect to Heaven. It is one and the same. For beauty is who you are, and we are here to remind you of this truth. We send our love out to you on the petals of springtime and the aromas wafting through the air. Catch them and connect to us. We await your visit. We are the *Flower People* from deep inside the Earth.

Putting Crystals in Water

We store our water in crystal tubs with crystal linings, infused with crystals, and you can do the same. Just put a crystal in your water and let it sit overnight. It will charge your body with electrical currents and open up blocked meridians. It will clear energy blockages on the etheric level so that your electrical circuitry flows unimpeded around and through you. Clean and clear your crystal first and infuse it with

Divine Love. Rubies and sapphires will do the same thing. Put crystals in your bath tub and soak up the crystal light rays.

It is perpetual spring time in the Hollow Earth and we just finished our morning tea when you stirred from your sleep, so we decided to flow our thoughts through to you on the current of telepathy. Our landscape is a grand vision of Immortality, for everything you see is always in perpetual bloom and vigor, as are those who dwell here. If you could see our landscape you would feel your cells ring and pulse with the vibrancy of Immortality.

We say adieu as we enter the Library of Porthologos for a day of Bliss. Thank you for the excitement of taking our message. I am *Mikos,* and my friends surround and hold the energy for you as you take this message.

Q: What are your days like?

We are sitting here, under a tree, in the lushness of our environment. I, *Adama,* am here. Mikos of course is in the Hollow Earth. So would you like to begin?

Today we will talk about ourselves, and how blessed we all are to have remained inside the Earth. Although you think that our lives are easy, which they certainly are, we have many responsibilities and many duties to perform each and every day, the foremost of which is to connect with our Higher Selves for guidance for the day. We plan our days thoroughly, so that we can complete our duties and still have time left over for relaxation and fun.

Our days are filled with laughter, no matter what we do, and we are always surrounded by our family and friends. For as we have said,

there are no strangers here. We understand the concept of oneness, and we practice it in everything we do. For example, when we are doing our work in whatever area it is, we rely on each other and help each other by working in unison to complete the task, and to complete it perfectly. We don't skip details to finish quicker, as some people on the surface do, because we have our very lives invested in the outcome. We know the importance of doing everything well, for we all depend on the quality of what we produce.

Nothing here breaks down or becomes obsolete as it does above ground, so we don't have to keep replacing things. This is why we have so much free time here, because we don't have to keep reproducing the same things over and over again, because nothing breaks down. Most everything lasts hundreds, if not thousands, of years.

This also accounts for our not having any land fills in Telos, because there is no waste produced. All our by-products are recycled and reused, and if there are any ingredients left over that we cannot use, we just dematerialize them. Voila, and they are gone! So this frees up all our land space for living space and parks and streams.

And of course we have no roadways, just paths to walk on and our vehicles that levitate and take us wherever we direct them to take us. We fly with our minds, using our thoughts as our directional compass. Our vehicles are small for inner city travel, and we just talk to them and tell them where our destination is, and we hold that thought and vision until we are there.

It is all very simple, as you will someday see. Our city is a fun place, with many activities always going on. There are plays, musicals, and

everything you can think of, except for competitive sports. We don't compete here; we only cooperate in our athletics and have fun. Nothing is done to "win", only to enjoy to its fullest.

Our forest is rich in oxygen, and we take daily walks in the woods to rejuvenate ourselves, just as you on the surface do. Our lifestyles are not that different, except that ours are free from stress and worry, and filled with joy over-brimming. This helps account for our long lives. For stress causes cells to decay and depression accelerates the process. Even in your healing books today, they talk about the importance of laughter and merriment in combating diseases and living longer lives. So our lives are not that much different from yours; we just learned how to live them fully, with no impediments.

And now, *Mikos* is here. Greetings from the city of Catharia, where my home is. I live in a small alcove nestled inside a small hill surrounded by lush vegetation, flowers, bushes, and tall trees. Actually, everything here is tall, including our body frames, which generally reach 15 feet high for most of our population. The Telosians average 7 feet, and Adama is 7 feet, 2 inches tall. I myself am a little over 15 feet tall, which is about half the height of your surface trees.

We were all meant to be tall, even surface folk were once averaging 15 feet in height, when the surface was protected from the Sun's radiation by the firmament. Your Sun is now changing and becoming magnetic. This will stop the declining of your heights, and in time you will again begin to gain in height. You will notice how so many of your youth are taller than your own generation. We just wanted to give you a little clarity on this subject.

Q: What are the best materials to build houses with on the

surface?

Mikos is here, along with Adama and others from the Inner Earth. We will attempt to answer your question.

Know that in the Hollow Earth we live in caverns, underneath the inner surface of the hollow cavity of Earth. This way, we don't disturb the land outside our caverns or on the inside of the inner surface. This is the most economical way to build a dwelling, since it comes already built. The caverns were already in existence when we arrived here many eons ago. They were already in place and we just further hollowed them out and designed them to meet our living standards. The earthen cavern is also fuel efficient and holds in the heat.

We are very creative in architecturally designing our living space with materials from the Earth herself, without disturbing the Earth in the least. We use mainly crystals, gemstones, lapis, gold, and other varied stones, along with technologically created materials for our furniture, and hemp for all our clothing and bedding.

Aside from the caverns, we also have communities deeper underground, where there are small connective tunnels linking the communities together. We can travel back and forth in our vehicles that levitate a few inches above the ground. Most of our living takes place inside our communities under the underground, not on the outside ground.

We would like to give you more help in designing your homes on the surface, but until you have our technologies available to you, it would be difficult for you to get away from using wood. In the future, most communities will be built underground, to leave the Earth's outer surface pristine so she can restore her great rainforests to produce the

oxygen that is needed for balancing the eco-system necessary for her plants, waterways, and other life forms to flourish. You will find that the more you leave mother nature alone, the more resources she will be able to create and sustain, and the healthier the environment and the more balanced the climate will be and the more you will thrive in your bodies. So living inside caverns and underground definitely has its advantages.

When there is peace on the planet, we will be bringing to you all our technologies for building communities and houses in your already existing caverns and mountains and directly underground. There are already communities existing inside your mountains, where the Ascended Masters visit and where other humans dwell, who work on inventions and other projects right there on the surface, but unseen to surface dwellers. There are quite bustling communities inside your mountain ranges, if you could only see them. But the mountains obscure them from your third dimensional vision as a protection for those inside.

Don’t worry about making a living when you change your building technologies over to ours, because by that time you won’t need to make a living, all will be based on the barter system, and all will be free. It is your divine right to be able to have all your living needs met without strain or having to work hard for it. Yes, you will work to build your homes and communities, but it will be more like fun instead of the 8–9 hour days you now put in the workplace, for low wages.

So right now we advise you to just wait for our emergence to the surface, and we will show you all you need to know to build toxic-free homes without toxic factories. All our technology is free. In the meantime, you can switch to hemp for all your clothing needs, and you

don’t need to use fertilizers or chemicals in the soil. The sign of an evolved race is the growing of materials and foods organically, without a trace of chemical interference, and no corporations to interfere.

We know this does not completely answer your question, nor give you the information you requested, but we cannot give you the blueprint for our technologies, we can only give you the technologies themselves, already developed and ready for use when we arrive on the surface and show you how to use them, and assist you in designing your homes and communities based on our architecture inside the Earth.

I am *Mikos,* and we bid you good day.

Q: Are you managing Nature in the Hollow Earth, or do you leave it untouched?

We always leave Nature herself untouched, as she is the best doctor there is, to solve her own problems without our interference. She has been doing this since life on Earth began, and who are we to step in and interfere? She has all the innate knowledge within her DNA, and can administer all the remedies her trees and plants and flowers need, in perfect dosages.

Letting Nature cure herself is the best remedy of all. We find that all our trees and plants and flowers in the Inner Earth and in Telos are always in perfect health, perfect shape, and perfectly glorious. We never tamper with what Nature creates, and this is the secret. This is why you have so many problems growing your food, plants, and trees on the surface, because you are continually interfering with Nature’s plan that has been perfected by the Creator in advance of your inhabiting the Earth’s surface.

Look how your soil has become depleted of nutrients, your rainforests cut down, your air and waterways polluted, all contributing to the disease and decay of your flora and fauna, including human life. When will you learn to honor and respect Mother Nature as the great Goddess she truly is? She knows so much more than your tree doctors, plant doctors, and animal doctors. She knows exactly what each life form needs for a healthy and happy life, and she provides it all bountifully—and if you just leave her alone, she will rebuild herself faster than the wink of an eye. The health of all trees can be restored within your lifetime, which is very quick indeed, considering that it took millions of years to evolve into the glorious forests that only recently once were.

The trees themselves want desperately to stay alive and participate in Earth's ascension plan. But isn't it strange that surface folk never consider them as part of Earth's life forms, nor ask their permission to cut them down? The trees never asked to be part of your wars, yet are maimed and killed where they stand as sentinels in war zones—body counts are not taken for trees, yet they are another war casualty in a different life form who never volunteered nor gave consent to be part of man's war crimes to plunder the Earth for her oil reserves and destroy whole countries in the process.

People never consider that the trees are here to evolve too, and to ascend along with humans. All life forms are on the ascension path, and anything detrimental that we do to retard or destroy their lives puts a block on their ascension path. Theirs is not any different from the path humans take to ascend. We just all do it in different body forms and in different ways.

Here in the Inner Earth we consult with all life forms on all matters

that concern the well being of us all. All life forms are represented at our meetings. Our state of existence has been, is, and always will be peaceful.

So you don't need tree doctors, or doctors for anything. Nature has its own inbuilt pharmacy and knows when to dispense its remedies and exactly how much to keep all of us in divine physical perfection. But of course we have to do our part and not pollute Mother Nature with chemtrails, chemicals, biological warfare, or fertilizers, so that she can remain healthy and strong, as life is intended to be. It is just humans who are destroying the perfection of Mother Earth, a Divine Being in herself.

Divinity is always perfect, and divinity always stays perfect. This includes you, the humans who live on the surface. You are made in the Creator's image, and you were made perfect. You still are perfection, if you could only see your divine blueprint that you came into the Earth with and that you still carry in your DNA. It is only you yourself who have marred and changed and distorted and imbalanced yourselves so that your divine blueprint can no longer express the perfection you are, as it was intended to do.

Your doctors are the worst offenders and culprits, prescribing drugs and chemicals that further interfere with your divine blueprint for perfection and drug your senses and jam your frequencies so that you are barely conscious anymore, and mostly asleep, as you sleepwalk through your daily life. This is a great, booming business for your doctors, who are monetarily thriving on your sickness and promote it daily with their advertisements in your media. Big bonuses are given to your doctors for prescribing deadly medications. The pharmaceutical companies are thriving the most, while you suffer the

most, just to line their pockets with money as they proclaim their "cures" for the diseases that they create.

Wake up humans; it is your duty to revolt. Your great country, the United States of America, was created from a revolution decrying injustice and tyranny. Well, the same situation has developed again, and it is again the time to revolt to throw off the shackles of tyranny, where corporations and governments of greed dominate and the human people and tree people suffer. Revolution is your birthright. You owe it to your country to revolt—to get rid of the tyrants in your government, corporations, and pharmaceuticals, and to live FREE of coercion and free of disease and pollution. Then all will thrive, in divine, physical perfection.

We step back now, and we thank you for your question. I am *Mikos*.

Q: Do you eat only living food with the Life Force, or do you also use heat for cooking?

Our food is very delicately prepared and it is all "live" and freshly picked. We eat mostly fruits and vegetables and grains, and our soy products, which we ferment out in the open air. We do "cook" some of our foods, but our type of "cooking" is much different from yours, because we don't use electricity or microwaves or skillets or ovens or fire. We use technology that funnels heat into the food causing it only to warm up without changing its molecular structure in any way. We have technology that warms, without harming the Life Force. But most of our foods we eat at room temperature, and we are used to eating foods at this temperature.

Since it is always warm here in Telos and in the Hollow Earth, we have no craving for warm foods. We prefer cool foods that have just

been picked and prepared in salad variations. We don't do any baking here, at least not the kind you do on the surface. Yes, we do have "baked" goods, but they are "baked" in a different way, much like the food dryers you use to dry banana chips. We can make delicious cakes this way that still maintain their Life Force and keep their enzymes intact.

We understand that in the colder regions of the Earth, people need warming foods, not just for their body's temperature but for the comforting effect. And yes, the Life Force is destroyed through electrical heat. This is yet another reason why your lifespans are so short and your energy levels so low compared to ours. It is because the way you prepare your food robs you of its Life Force, the giver of life. It is a force that gives you life, that gives your life the energy it needs to sustain you in any kind of physical climate and situation.

But over the millennia as the climate in many locations on the surface changed from temperate to cold, people's eating habits and lifestyles changed to accommodate these colder climates, and hence people's lifespans decreased from hundreds of years down to only 70–80 years now.

There is a very definite connection between the amount of Life Force in one's food, the stamina in the body, and the length of years the body can live. It is the Life Force that keeps us alive, and the more Life Force we have, the more "alive" we are, and the livelier we feel. We thank you for this question. *I am Adama.*

Q: What is the difference between your trees and your plants?

I am *Mikos*. We thank you for your question. Here in the Hollow Earth we don't distinguish between our trees, plants, and vegetables,

as they are all living entities, each with their own consciousness carrying the Life Force. However, the plants and vegetables give themselves freely to us for our consumption, as long as we leave the plant intact and eat only its fruits, so that it can multiply and reproduce year after year.

We don't pull out the plant after harvesting its fruits, as you do on the surface. You see, we have one long continual growing season, which is forever—not like on the surface with your seasons. With the seasons, after the plants and vegetables produce their crops, they are discarded and their seeds replanted the next growing season. We don't do this in the Hollow Earth. We let the plants govern themselves, and reproduce as often as they like, without our interference. Mother Earth herself is the director, and governs their growth cycle.

Our plants give themselves to us freely, allowing us to eat the fruits of their harvests, because we never remove or kill the plant upon which the fruit or vegetable grows. Because they are alive in consciousness and contain their Life Force intact, we are consuming the Life Force of the plant and it continues its existence in us. So in effect, it lives on.

It is the same with the trees. We eat their fruits, but never cut down a tree. Our trees are huge and magnificent and reproduce cycle after cycle, giving us the most abundant, succulent fruits. So our trees live on, and we live on by consuming the fruits and vegetables from them, without disturbing them in the least. We do use crop rotation, which maintains the minerals, vitamins, and enzymes that go into the plants, so our earth is always rich in minerals and perfect for growing our crops. We do the least to the earth, and the earth does the most herself. This is why we are so hearty and healthy and strong.

So there really is no difference between our trees and plants—we treat them each with sacredness and honor their beings. We talk to them, we thank them for their bounty, and we then eat their fruits and vegetables. Our trees are just big plants, yielding more fruit than the smaller plants and vegetables.

Our trees serve another great purpose, that of producing the rich, clean, oxygen we breathe and sheltering our landscape, while at the same time consuming the carbon dioxide we exhale. They are sentinels, stand vigilant, and maintain our environment. Our trees are great beings of light, and our plants and vegetables are like their children, reaching up to the sky, hoping to someday evolve into a tree. For all life evolves from lower to higher states of consciousness, just as we humans are ever evolving in consciousness.

Just know that when you eat fruits or vegetables, from trees or plants, it is their Life Force you need for your health. It is the Life Force you want and this is what keeps you connected to the Creator. When you eat dead, toxic foods, you become just that—dead and toxic—and your life is shortened and it becomes difficult to sustain your body. Then disease sets in.

All our food is grown organically, obviously, which is another reason we are so healthy and strong and can live hundreds and thousands of years in the same body. The less you tamper with Mother Nature, the more nutrients you receive in the food you eat. People are just beginning to realize this, and it is why the organic food industry is growing so fast.

It is hard to make a distinction between the plants and the trees, but the distinction is in the amount of consciousness each can hold. The

trees can hold vast amounts of consciousness compared to plants, and the trees have an underground network that connects them all telepathically to each other on the planet. They have their own news service, and know what is happening on the Earth before we do. They rapidly communicate to each other events that are about to happen on the planet. They have firsthand information.

We often tap into their communication system, so that we know what is about to occur on different locations of the surface. You, too, can tap into this system. Just plant your feet solidly on the ground next to a tree, put your hand on its trunk, and merge with its essence. Ask your question, then wait and listen. You will hear it speak to you. The trees have been waiting for eons to begin communicating with you again on the surface. It is their deepest desire.

So bless the trees, bless the plants, and bless the Earth—for it is the fruits and vegetables of our harvests that we consume and that becomes the material for building and maintaining our bodies. For we are literally made of the Earth, and are truly One, which is why we can communicate with them.

Q: Is there rain in the Hollow Earth to water the plants and trees? Why are there droughts in some areas of the surface and flooding in others?

Adama and *Mikos* are here. We will answer this question. Yes, there is rain in the Hollow Earth and in Telos. But it is a different sort of rain. It is the rain that does not fall, but accumulates in the air to give a soft embracing effect like dew that you find on the grasses on the surface in the early morning hours. The “dew” accumulates in the air and is constantly nourishing nature. There is no specific time that this

happens, it just happens. Nature is able to draw the water it needs from the air, when it needs it.

Everything in the Hollow Earth interacts with everything else, so everything has its needs met. Water is drawn from our oceans, lakes and streams, and is deposited very gently when and where it is needed. We also have irrigation ditches for our gardens and fields, to convey water to our fruits and vegetables and grains. Our climate is very different from yours, and keeps nature constantly refreshed and nourished, rather than in bouts of drought and flooding. It is a self-regulating system, designed by Nature herself, without our interference.

The problem on the surface is that humans have interfered with the internal guidance system of Nature, and thrown her off course, so that she can no longer adjust herself to what plants and trees need. She has been blocked from responding to them. You have built dams to impede the flow of water, changing the natural course of its flow. The water is alive, it knows where it is needed, it knows where to go, but man's interference has blocked its natural instinct and blocked its communication with the land.

Everything on the Earth operates as a whole, interconnected system, and when you start meddling with its parts (water) you disconnect it from the whole and it no longer has the input from the environment so that it cannot respond to the environment as it was meant to.

In the old days, there was a firmament surrounding the whole Earth, which was many miles high and made of crystalline ice particles which blocked the radiation of the Sun, and kept the whole planet in a

perfectly regulated “green house”, which supplied just the right amount of oxygen and moisture for both nature and humans. When this was destroyed during the Atlantean and Lemurian wars, it also destroyed the self-regulation of Nature. Nature now had to redefine itself, and build in another system to dispense water to the land. So clouds came into form to hold the moisture rising from the oceans, and carry it to the land. This worked well until rivers and streams dried up, dams were created and oceans became polluted, and the water lost its antenna, and could no longer read the environment around it. Water has consciousness, and the pollution on the surface has dulled its consciousness so that it cannot respond to nature, and its rainfall became haphazard in distribution, with no guidance as to where it is needed.

This is why in some places you have an abundance of rainfall, and in other places you have severe drought. The interconnection between the elements has been broken and dulled by pollution of toxins and pollution of thought forms.

In the Hollow Earth, everything is still in pristine form, and operates according to its divine blueprint when Earth was first formed. Everything here is totally interconnected, and can read and respond to the environment around it. The cells of all living things in the Hollow Earth have receptors that work perfectly, and read the needs of the environment, and then supply what the environment and our bodies need in exact proportions. It is like a living pharmacy. We don’t go to the store to buy what our bodies need, Nature automatically supplies it to us, and we automatically receive it because we know that we are all one unit of life.

The firmament on the surface will be restored, and then Nature will

operate in perfect divine harmony again, and so will the cells in your bodies. You won't need to go to the pharmacy for vitamins or medicines either, since Nature will supply it all, as it was meant to. We hope we have not digressed too much, but we just wanted to give you a bigger picture.

We thank you for this question.

Q: Are there hydroponics in each community?

We are the *Inner Earth Beings*, here with *Mikos* and *Adama* to answer your question. Know that there are many kinds of hydroponics in the Inner Earth, since there are many different Inner Earth civilizations residing here. Some hydroponic facilities are huge, depending upon the society's population, and some are small, depending upon the community it serves. Hydroponics is a word designating water used to grow vegetables, and we grow many and varied kinds, depending upon the "climate" we live in and our body needs. We grow everything according to our body needs. We use instruments, very advanced instruments, to determine what our bodies need, and then we program them into our hydroponics to produce the vitamin and mineral content in our vegetables and fruits to meet our requirement for perfect health.

Our hydroponic facilities are very old, and their blueprint was brought with us from Lemuria and other star systems. We were also able to access the information for developing our hydroponics from the records in the Library of Porthologos, where we go whenever we desire to create or "invent" something for our community. Since all inventions that ever were are stored in Porthologos, we don't have to be constantly "reinventing the wheel", as you say on the surface,

although we do add to our inventions and make modifications to suit the personal needs and requirements of our people.

There are hydroponics in each of our communities, since we couldn't survive without it, and they are all geared specifically to the residents of that community, taking into consideration their physical, mental, and emotional needs to create perfect balance.

When we harvest our nuts and fruit from big trees, we wait until the fruit is ripe, and sometimes just pick it up from the ground. We never pick fruit that is not yet ripe, as you do on the surface. We don't use machines or robots as you picture them to be, but we do have apparatus that can remove the nuts and fruit from our trees. We do use equipment though, but it is of a different kind. We can use sound to loosen the nuts and fruits so that they fall to the ground for us. We have conveyor vehicles that then deliver our harvest, since we don't use cars or trucks to transport our goods as you do. Our conveyor vehicles don't touch the ground, but levitate above it.

We don't have to go deep into the woods/forests to find the nuts and fruit trees, since they are close by. There are groves of nut trees, and groves of fruit trees that we have planted, and there are people who maintain these groves and see to it that they arrive in our Distribution Centers when they are ripened. Our Distribution Centers are where all our goods and food are brought, and people go there daily to pick up their day's supply of food. And of course they don't pay for it, for everyone is freely given food and clothing and goods. All necessities are provided freely. We also have a barter system that exists for purchasing arts and crafts that we individually create, so no money is ever exchanged. Money just doesn't exist here.

There is so much to explain about our way of growing our foods, that you would have to see it to believe it.

Q: What animals are inside the Earth?

There are animals inside the Earth who are now extinct on the surface, and yes, by changing their diets from one of animal based to plant based it eradicated the fear instinct in them, so that they are as docile as your pet dogs and cats. The names of these animals are presently not in the data bank of the channel so we cannot give you their precise names, but just know that the animals that are in the Inner Earth, which includes Telos and the Hollow Earth, are animals that were once on the surface. Some were brought inside our domain by us, and others chose to incarnate here. Many have now chosen to leave the planet and to return to their home planets from where they came, such as the Whales and Dolphins, who are now choosing to return to their home planet of Sirius.

Knowing their names is not important. What is important to know is that all animals have consciousness and are also in the state of evolving, just as you are. They have just chosen to embody in different shapes of physicality for this experience of evolving their consciousness. All is in a state of evolution, no matter its shape or form or what it is composed of, including the flowers and trees and rocks. *I am Adama.*

Q: How do we overcome environmental destruction?

I am *Mikos,* and I will answer your question. Know that the Earth is a living entity and her environment is alive. The elements of our Earth, Wind, Water, and Fire have consciousness. These elements are

called “Elementals” and they are alive in consciousness. The Earth is imbued with divine characteristics of harmony, balance, sensitivity, and love. The problem on the surface is that the people themselves have not developed these qualities in themselves, and therefore, cannot see it in others, nor in the living Earth. Once humanity’s consciousness reaches a higher state, they will be aware of all living things, such as the Earth, Mountains, Rivers, and Trees, and will be able to see these as “living beings” clothed in different forms. Once people become more aware and more attuned to the Earth herself, they will identify with her and will know that the Earth and humanity are One. And once this Oneness is acknowledged, people will revere the Earth as sacred, and the environmental destruction will end.

So it is not really how to overcome environmental destruction, but rather how to raise humanity’s consciousness so that people can see that to destroy the environment is the same as destroying themselves. It is their awareness that will end the destruction, not anything technological, although technological devices will surely help undo the damage that has already been done.

Here in the Hollow Earth and in Telos we already know who we are, and we know that we are the same as the Earth, and that there are no differences, only differences in the forms we have taken in this lifetime. Because our awareness is heightened and our consciousness is all encompassing, we can see beyond the five senses and we can see the life-force emanating from the Earth and in the trees and flowers. So we know beyond a doubt that all matter, all elements on the Earth including the Earth are ALIVE. Therefore, we would never harm another life form, including the trees, or mine minerals from the Earth’s body, because her body is no different from ours. By removing

minerals from her body, we unbalance her, and this causes distortions and destruction from within her, thus resulting in volcanoes, earthquakes, and floods in her endeavor to balance herself from what has been taken from her.

Her minerals are her body parts, just like our organs are our body parts, and if they are removed from us, our balance is destroyed and our body has to work harder to make up for the missing parts, and disease and death follow. This is what is happening to our Earth. She is trying to re-balance herself from the plunder of her riches from her body, which are the ores, gold, silver, uranium, and other precious metals that are being mined from her body. This is causing her great contractions, great imbalance, and she is trying to regain balance through intense Earth movements resulting in upheavals of land forms and destruction of cities.

So the answer lies in us, not the Earth. The Earth is only responding to our not recognizing her as a living, conscious entity. Should we not wake up in time, and not wake up to her sacredness and divinity, she will throw us off her in one great upheaval. Right now she is trying to keep the weather anomalies and eruptions from harming large populations, but as we continue to destroy her forests, and pollute her oceans and fill her atmosphere with toxins, it becomes harder and harder for her to hold back the forces building up inside of her. She is having difficulty breathing, and so are we. We are polluting the very air we breathe.

So we don’t have to do anything to the Earth to overcome environmental destruction, we have to change ourselves, and then the Earth’s climate and environment will follow. Remember, the Earth is just mirroring our thoughts, words, and actions. Destroying the planet

we live on, the planet that is our home, is insanity. Where does humanity expect to plant their feet if they continue to destroy their home? This planet is our home, and to purposely destroy it is madness. To purposelessly kill others, who in reality are ourselves in different bodies, is also the result of a lack of awareness of the connectiveness of all life on Earth.

Here in the Hollow Earth we are very aware of the connectiveness of all life, and therefore honor all life forms in existence. We would never cut down a tree or cover the ground with asphalt, because we know that the Earth is a living, breathing entity, and her body needs to breathe just like ours.

Energy is pouring onto the Earth plane in astronomical amounts now, and people are waking up by the millions. They are waking up to the divinity of all life and are beginning to see and sense beyond their physical five senses of taste, touch, smell, hearing, and seeing. They are becoming aware of forces that exist in higher states of consciousness, and this alone will save the Earth. When a critical mass of people worldwide reaches this higher state of awareness, everyone will suddenly wake up and the destruction will stop. We overcome environmental destruction not through the environment, but through ourselves. In the Hollow Earth and the other subterranean Cities of Light, we learned this long ago.

Q: How were Life Forms brought to Earth?

This is a monumental question and the Earth is a monumental Being, endowed with her own creativity within her. She is capable of producing everything that all life forms within and upon her need for their sustenance and nourishment and growth. She is a magical

Being, and can make anything that is necessary for her life forms.

The Earth is ancient, and the ways of creating planets and entities that live upon her are ancient. There is nothing unusual about creation, it follows well known laws that all Ascended Beings are endowed with and can perform. All substance is made from Light, 100 % pure Light substance that can create anything and everything at the flick of a thought. Which is why we say to you to be aware of each and every thought and feeling, because this is the substance of creation. But back to your question about how life forms were brought to the Earth.

In the beginning of time which has no beginning, life forms were created by the Creator of this Universe and evolved into many different forms and many different varieties containing many different levels of Light and different levels of understanding. These in turn went on to create from themselves other aspects or spin-offs which in time did the same thing. Just as parents have children and their children have children and some of these children evolve into great beings of light and understanding, and some don't, depending on their ambition and desires. Some evolve into great masters who can create planets, and some just enjoy being still, and being in the "isness" without doing much of anything.

Those who have evolved themselves create planets, and populate these planets, and transport these life forms to other planets. So in the case of the Earth, some of the life forms were indigenous to the Earth, and others were brought here from other planetary systems to grow and evolve and to experience life in physical form. Most of these beings who came here wanted the experience of living in density, and living in different bodies. Remember that Earth is an experiment; it is a

place where different kinds of consciousness can embody and experience the Earth in a physical form and where they can use the body's physical senses to give them pleasure. However, they never thought they would become trapped here and that the body, if misused, would also give them pain. So once they were here in a body, they further experimented with their forms just the way the scientists today experiment with DNA, and genetic engineering of humans and animals and food and plants. It is no different.

Beings from all over the Universe were seeing what was happening on Earth, and they came here to experience physicality. Some of these created havoc and chaos and were not of the Light. Their make-up was mainly of dark energies, and these dark energies have slowly taken over everything on the Earth, especially your governments. Notice the decay of your planet's eco-systems as a result of the dark entities controlling the corporations who now control the politicians. These dark entities, from other star systems, now have infiltrated every system of the planet, creating the religious wars and polarization.

So the Earth started out with simple life forms, and then others came from other star systems, some of whom were of the Light and some of whom were dark energies. Many of these dark entities have now turned to the Light, but there are still many who are clinging to their greed to control Earth and enslave its people.

The people inside the Earth came here from other solar systems and Galaxies, and found the inside of the Earth so pure and so pristine and so secluded that they chose to dwell there in privacy and freedom from the surface. They created the eco-systems that sustain them inside the Earth, as explained in previous messages in this

series of books. Eco-systems are easy to create, if you understand the Universal Laws and work with the Nature Spirits and Devas. You can create incredibly healthy eco-systems that provide you with all you could ever need and desire, and this is what the inner earth inhabitants did and are still doing. They maintain this system perfectly, using their hearts and minds and understanding of the Life Force that exists in “All That Is” and calling in this Life Force and harnessing it to create abundance in all forms.

Some simple life forms evolved out of the substance of Earth herself as she was forming, and the Earth herself called in life forms and invited them to live here and some came un-invited and brought darkness with them. Remember, everything in the Universe is an experiment, including the human body.

The human body is the most ingenious and magnificent form there is, and your body is capable of doing extraordinary things, like bi-locating, levitating, instantaneously traveling to another location in a nano-second, conversing with the Nature Elementals and Angels and Ascended Masters and seeing right into the Center of Earth. Yes, your body has these capabilities built right into it, which is what the dark entities have been after. They are trying to understand how your bodies function and duplicate them so they can learn how to have these abilities themselves.

This is the reason behind the abductions, to see how your bodies work so they can then transfer and build these capabilities into their own forms. But they cannot do this, and hence they are trying to suppress your capabilities because they don’t want you to know who you are and what your body can actually do. So they program you through the mass media into thinking you are nothing and that you are

needy and that you are a victim and sinner so you don't discover all that you really are endowed with. They try to keep you asleep and they have succeeded on a mass scale.

So wake up now, and know that you are magical beings and you can do what we can do. We can see with our eyes out into the Galaxy and can see you standing on the surface of the planet. And when you learn to use your "x-ray or long distance" vision, you can see us standing in Telos and in the Hollow Earth. It is easy. You have these built-in capabilities just waiting to be "turned on". The dark entities were successful in turning you "off" to your built-in gifts; they turned off your circuits and stopped the flow to disconnect you. They don't want you to know who you are because they want what you have and want to control and enslave you.

This is why your corporations are destroying the planet's eco-systems and polluting the air and using electromagnetic radiation on you in all forms including your cell phones—it is to disrupt your bio-system so that you become disconnected and cannot feel, hear, or see. However, all that has been suppressed within you will return to full use as the Earth and humanity raises its consciousness level and the Light sweeps in under the darkness and lifts you above it into the higher dimensions where we all wait for your ascent. The darkness will remain, and won't know where you went or how you eluded them. You will be swept out from under them, and they will remain here to carry on their wars with each other, until they have learned the lessons and futility of what they have been doing and turn to the Light for rehabilitation. *I am Adama.*

Q: Why is the Earth getting warmer and unstable? Is it from the

Sun's increased frequency, the increase of CO_2 , the dimensional leap through the Photon Belt, the pollution and destruction of Earth, or because of a natural/cosmic change?

We will answer your questions. Yes, to all the above. It is for these many reasons and even more that you are seeing and feeling the Earth warming up to degrees higher than in the past decades and even eons. And yet, it is all for a good cause, that of catapulting your Earth and all her life forms into the Ascension. For change to occur, changes in Earth's frequency have to occur, not only on and in the Earth, but in your consciousness as well. As the Earth warms up and gets ready to fire up into the Photon Belt, your consciousness fires up and amps you into higher states of awareness. The same with the Earth—as her consciousness fires up, all of her awareness heats up, which is everything on the Earth, all gaining momentum to catapult her into the higher dimension. So all of the above is contributing to this.

However, this does not mean that the pollution and destruction is good. It only means that it is accelerating this process, and urging Earth to move on, rather than allowing her to take her time to make her evolutionary leap into the fifth dimension. It is like an alarm telling her there is no more time to linger and wait, and that she must move on now. In the past, she was waiting for all her life forms to gain the experiences they needed to move on with her. Now that there is so much pollution and so much destruction, she can no longer give anyone any more needed time—you must all do it now. You must all gain all the awareness you need now, since the Earth cannot hold back these changes any longer, due to the destruction of her body and atmosphere caused by mankind.

And yes, the Sun's increased frequency is also contributing to these

changes, but this is a planned change, not accidental, and is part of a planet and solar system's trajectory (path) for ascending. Everything "heats up", so to speak, when consciousness evolves and planets and solar systems and galaxies prepare to move up into a higher dimension. Normal patterns that you have seen for eons, suddenly, within a few hundred or less years, start changing so that movement can occur. And movement means change—change in everything, as you are now witnessing on the surface.

Here in the Hollow Earth we are not witnessing these changes, because the factor of pollution and destruction does not exist here. However, we can feel the changes from within our Beings, and we know that these changes are happening even though we don't see them inside the Earth. All is still very pristine and very peaceful here, since the day we arrived many eons ago. But yet we see and know all the changes that are occurring on the surface, in our solar system and in our Galaxy, but the effects of these changes are not occurring here inside the Earth, for the radiance that all our people's internal Light emits keeps us all in a state of perpetual Nirvana which is what the goal of ascension actually is. Ascension produces this state of internal radiance emanating from within each person's aura that keeps you and everything you touch and everything around you in a state of purity and pristine beauty.

The Sun's frequency is amping up to make these changes occur also. This is part of the natural process of a third dimensional solar system moving into the fifth dimension. However, the destruction and pollution is just hastening the process, and ringing the alarm bell for Earth's humans to wake up to the effects of their actions and of their thoughts and feelings. For it is your thoughts, feelings, words, and

actions that are also contributing to this destruction and to this pollution.

This is another form of destruction that people are just now waking up to, and why transformational workshops are proliferating and people are taking classes trying to understand themselves and their behavior and learning how to harness their thoughts and feelings so that they only feel and think things that they want to bring into their life, rather than what they don't want to have in their life. This is the reason why the DVD called "The Secret" has gained such popularity now in the USA. "The Secret" explains and shows how to use the Universal Laws that bring abundance, prosperity, peace and health, just by being aware of your thoughts, feelings, words, and actions. We recommend that the people in Japan watch this DVD, http://www.thesecret.tv/home.html, for not only will it change your life if you follow these Universal Laws, but it will change the Earth, so that you can ascend in ease and grace, rather than with force and destruction of your surface.

We know that this may sound like we digressed from the question, but we have not, because it is Universal Laws that connect everything and that make everything work in synchronicity to bring a desired outcome. So yes, the Earth is heating up, the Sun is heating up, your consciousness is expanding, and all is being prepared for this grand move into higher states of consciousness and into the fifth dimension where you will all be in constant awareness of all of your thoughts because you will see how each and every thought will manifest immediately—with no time lag like there is now.

This time lag now between what you think and feel and say and do is misleading, because people do not then make the connection that

they themselves are bringing their reality to them, and they are the ones creating everything in their lives—absolutely everything that they experience. Even though the Earth is due to ascend, it can happen with ease and grace and in peace and prosperity if surface humans can only control their thoughts. It does not have to happen in an Armageddon way.

So, we hope this answers your question. We are always available to you. We are the *Inner Earth Council* speaking to you with *Mikos* presiding.

Q: Do Telos and other cities in the Inner Earth exist physically?

We will answer your question. Yes and no. Yes, Telos does exist in your third dimension, and it also exists in the fifth dimension. It actually does physically exist inside of Mt. Shasta in the third dimension. There are no volcano activities inside of Mt. Shasta. The lava tunnels in Mt. Shasta were re-routed by us over 12,000 years ago when the Lemurians went underground and traveled through the tunnels to reside in Mt. Shasta as a result of the Atlantean and Lemurian wars which devastated the surface.

So we do exist in our third dimensional body forms which we can now move in and out of at will. We have evolved to the point where we can raise and lower our energy fields and move in and out of embodiment. So if you were in Telos in your third dimensional form, you would see us. However, when we come up to the outside of the Mountain, we modify our energy field and move up to the fifth dimension and are “shielded” from your physical eyes, unless you can see into the fifth dimension. If you can perceive the fifth dimension energy, then you would see us. And yes, we look exactly like you.

There are no differences in our physical bodies, except for the fact that we now have more DNA strands as a result of our long lives of being able to evolve in peace and harmony and brotherhood. For it takes a peaceful environment to evolve, and this is what we created for ourselves when we left the surface and came into Mt. Shasta.

When we want to be seen by those on the outside of the Mountain, we can easily make ourselves visible to you. But for the most part, we prefer to stay invisible for our own protection. The time will come when we will be appearing to your surface folk, and that time is very near. We hope this has answered your question. I am *Mikos*.

Q: What is the difference between the Inner Earth and the Hollow Earth?

The Inner Earth consists of Telos and over 120 other Agartha Subterranean Cities of Light just a few miles beneath Earth's surface, including the city of Catharia, which is directly inside the center core of the Earth (beneath the Aegean Sea) and is where the Library of Porthologos is located and where Mikos is from. The Inner Earth consists of all the area that is below the Earth's surface throughout the globe, including caverns and a vast tunnel system. It includes all 800 miles from the top of the Earth's surface to the inner hollow opening in the center.

The Hollow Earth is just the area that exists in the very center core of the Earth, which is Hollow, and starts at 800 miles down. Once you are inside the hollow cavity of Earth, the diameter of open space is 6,400 miles. The diameter of the whole Earth is 8,000 miles.

Q: Why are we skipping the fourth dimension when we move into the fifth dimension?

We will all attempt to answer this question, because it is a complex one. We are the *Inner Earth Council, Mikos* presiding. We say to you not to be so caught up in dimensions, but rather to concentrate on bringing up your energy and raising it up into higher levels of consciousness, because this is where the higher dimensions exist. They exist in higher states of awareness. So you can access higher dimensions by accessing higher states of consciousness.

You will move directly into the fifth dimension because the fourth dimension will no longer exist. It is in the process of being dismantled and removed by the spiritual hierarchy as part of the accelerated ascension plan that will catapult you directly into the fifth dimension. The fourth dimension was used in the past by departing souls who didn't go directly to the Light, but lingered for great lengths of time. This departure passageway has now changed, or been "re-routed" as you might say, so that departing souls no longer become trapped in obsolete dimensions waiting for hundreds or thousands of years to move on to the Light. That is now all over with. Therefore, you will all move directly up to the fifth, with no dimensions in between.

The next step is wherever you want to put your foot. After you reach fifth dimensional consciousness and are securely in the fifth dimension, you will then choose your future destination at that time. Some of you may choose to return to the third dimensional Earth to help other souls regain their full consciousness, and some of you may choose to go back to your home planets.

Your home planets exist in many different dimensions, depending on how evolved your soul is. Your soul's frequency matches your planet's frequency. So yes, some of you may choose to go home to

your sixth dimensional planet and some may choose to go home to your seventh dimensional planet and some of you may choose to go home to your eighth dimensional planet, and so on. Do you understand this? Many souls may want to stay in the fifth dimension and experience its peacefulness and abundance and riches and continue their soul advancement there for a while before moving on.

There will be a myriad of choices once you reach the fifth dimension, so there is no need to concern yourself about this now or try to make decisions about where you want to go. There is no hurry. The only hurry is to reach the fifth dimensional plane of existence, where you will be once again pain free, disease free, lack free, and totally free in all ways. You will be supplied with all you could ever wish for, and then more. So stay tuned into your consciousness, be alert to all that is around you, make positive and loving choices, and send love to everyone. This is the fastest way to increase your awareness and evolve your consciousness.

Always remember that we in the Inner Earth are all standing beside you, gently guiding you on your path to the stars. Bon jour, my friends.

Consciously Guiding Your Thoughts

I am Adama, and *Rosalia* is standing by my side. Yes, we did call to you, and you did hear us. We thank you for coming to the computer. There is so much to talk about. Your conference calls are changing the world's consciousness and we are so pleased to be a part of them through you. You see, we listen through your ears and feel through your heart. We are all One aren't we? Of course, we ask your Higher Self for permission and it is given us.

Consciousness is all there is. It comes in many forms, in many

vibrations, many colors. It is all part of the energy spectrum of life. It has wide ranges, heights, and depths, and the key is to excel in all its ranges until you reach Nirvana, where we in Telos dwell. Everything is an exercise in consciousness. Every thought, feeling, and action, and the words you use determine your level of consciousness. Focused attention in every now moment is essential, because now the energies are on the rise, dramatically increasing day by day, and being in control and consciously guiding your thoughts brings you what you want to receive, rather than what you don't want to receive by random unconscious thoughts. Concentration in the now, focused intent, and visualization of your dream will bring what you want into fruition rapidly now.

Manifestation is on the rise, and you want it to be positive, and to be what you truly desire, so vigilance is needed every moment of your waking day. To be a master, you must master your thoughts and feelings every moment. We call it "being in the Presence", and the Presence is feeling the Source flowing through you. It is a heightened state of awareness. Being in the Presence allows the God force to permeate every fiber of your being so that you are wide awake and alert and receptive to all that is coming through you. You are then able to receive from the cosmos all you desire and deserve.

In Telos, we plan our lives, our days, and our minutes by clearly feeling our way through life. We are alert to all nuances, and shape our thoughts according to our desires, thereby bringing to us exactly what we want and when we want it. It is practice. And we've had eons of practice because of our long lifespans. This is what you have been missing on the surface—you have been missing your longevity, your long lifetimes. This longevity gives you the memories of all you have

learned so that you don't have to keep learning and remembering over and over again. You learn it once, and remember it for many thousands of years in the same body—then manifesting becomes as natural as walking and running. You don't have to think about it, it just happens. And it happens perfectly.

We see a rapid rise in consciousness now exploding on the surface, and it is time. It is long overdue. Soon you will see the crumbling of the old and the rising of the new. And then we emerge. I am *Rosalia.*

Thoughts should be pure as the air,
light as the wind, and dazzling as diamonds.
Then all you think will manifest.

Mikos

Every thought, feeling, and action,
and the words you use
determine your level of consciousness.

Adama

All that you shall ever seek lies within you.
You bring all that you desire to you
through your imagination and thoughts.

Jesus

Sunday Chat

This is *Adama.* We see into the future, and we see you here with us, ensconced in our arms. What a lovely Sunday it is when we all unite like this in front of your computer. For although you cannot see us, we all stand around you and hold your energy and merge us all

into One great beam of light energy focusing our intent in and through you as you sit at the keyboard.

We smile at you as you take our message. We dream of our future together, just as you dream of your future with us here in Telos. Yes, Mikos is joined with us also, as Sundays is his chat time.

Our future is glorious together, and yours will begin sooner than you think, with the Mountain as your guide and mirror and conductor and connection to us. Everything is moving fast now, and this is why your focus on us is critical, for all thoughts and feelings are being manifested now in record time, so we say “keep the focus” on us, as we keep our focus on you being here with us. It shall very soon come to pass, in more ways than you can conceive. All is in readiness now.

Ashtar would like to speak now. I am coming for all my Lightworkers, as I promised. Our starships are countless in energy bands around the globe, and we have you all totally monitored. Your lives will be one of ease now, and you will glide through it like liquid silver glides through a tube. Easy, refreshing, rewarding. All is in place. We only go forward from here. Jesus and I are personally guiding each of you, always. Just lean on us—we are here for you, for we are you. There is no separation, only divine Oneness.

Rosalia is here. Our chambers are prepared for your stay here in Telos. All accommodations are ready, and have been for a long time. We eagerly await your arrival. You are correct in not thinking about “how” it will happen, just seeing it happen. See it from the point of your already being here, inside Telos. Already wrapped in our arms. Already healed. Already whole and complete, as indeed you are. We bid you good day.

Q: When we feel confusion and anxiety in our life, where does it go?

It goes out into the ethers, and is picked up by the Weather Beings who then play out your thought forms through erratic weather patterns on the surface and bring them back into your lives.

Know that your thoughts manifest the weather, along with the intervention of your government's toxic experiments on your population. The Weather Beings are great souls who chose to play this game on Earth, to experiment, just as you. But they were thwarted by your moving into the lower vibrations and forgetting who you are, thus changing your thinking from love based to fear based. The Weather Beings carry out your wishes, like a genie in a bottle. Whatever thoughts and feelings you are experiencing and sending out are picked up by them, and they in turn manifest them through weather patterns.

In the beginning of this experiment, all humanity's thoughts and feelings were only of love and harmony and all humanity was in emotional and mental balance. Now, humanity, for the most part, exhibits fear, loss, lack, confusion, anxiety, and anger, and this is what the Weather Beings are bringing back to you, in the form of erratic and tumultuous weather patterns.

You are witnessing the earthquakes and volcanoes in ever increasing numbers now, because this is what is happening inside your souls. Humanity is experiencing emotional and mental upheavals that are rocking the planet and throwing her orbit even more off course.

When you are grappling with a situation that is causing you

confusion, you must keep your emotional body in check and rein in (pull in) your thought forms so that they don't splinter and spread out into the ethers, contributing to the mass consciousness and all life around you. We know how difficult this is for you to do, since you cannot project into the future or access similar situations to see how they were resolved. This is a benefit we have. We don't need to go to the depths of despair that you do, because we just go to our living records and access the many ways that a particular situation can be resolved, and then we just choose one of these and follow its guidelines. Everything that has ever happened is recorded in our Library, and it is there for us to glean.

And of course we can project into the future and compare the different probabilities of taking different forms of action, and then weigh which one would be best for us to follow. This makes it very easy to live a stress-free life. Being able to see what lies ahead guides us on our path. Soon, you too will have these capabilities, as the Earth is ever rising in consciousness, and you will wonder why you didn't see these things before. Well they were always there, only your consciousness wasn't. I am *Mikos*.

Cosmic Stock Report

Consciousness is booming! It's the biggest commodity expansion on the stock market. Invest in it today—it will bring you great cosmic dividends in the future.

The more you invest, the more you will always have, for you always take it with you no matter what lifetime you are in—for its value exponentially increases. It is better than the gold you leave behind at the end of each lifetime. So take the time to invest now by meditating,

by exploring, and by loving yourself.

Investing in your consciousness is FREE—it is the only free commodity available on the stock market today. No dollars out of your pocket—just your time and willingness to expand your perceptions—and voila, you have it! You will be able to perceive the deceptions going on around you through your media and by your governments. You'll see how you've been duped to believe in the righteousness of wars and insane American government leaders leading your country and the world to the brink of disaster.

Yes, a higher consciousness is where you want to be. So invest now—it is more than an investment in your self. It is an investment in the continuance of the world. *I am Adama.*

All You See Is in Change

Look at the sky around you, it is changing isn't it. The clouds look different, the colors look different, even the color of the Sun has changed from yellow to white. All is in change, down to the smallest particle.

There is a molecular change taking place at the sub-atomic level that is affecting all life forms from animals to minerals and throughout your food chain and beyond. All you see is in change. This great changeover will bring you all once again into the arms of the Creator, where you will be able to access your true self and return to your full consciousness—the consciousness you left behind when you came here to Earth. Every vibration, every thought, is in the process of change into higher states of velocity, creating a whirlwind lifting you up into higher levels of consciousness.

All of us in Telos are waiting for this divine moment to unfold when the vibration and mass consciousness on the surface is high enough for us to emerge from our homes underground and come up into your sunlight on the surface. For your Sun is calling to us, just as the stars are. All life wants us to surface now, all is in readiness for this great emergence, and the time is nigh. Yes, the time is now. It is almost high noon, so to speak, when our forces of Light can join with you on the surface to celebrate your break-through of consciousness. Oh, what joy this brings to our hearts, to know that the time is so close to our actually meeting again in physical form for all the world to see.

Someday soon, you will be contacted and there will be a knock on your door and we will be there. It's as simple as that. What love we hold in our hearts for you all and what devotion we feel for all you have done on our behalf. We are as devoted to you as you are to us. This devotion is our oneness, our soul connection. Before you know it, you will find yourself safely ensconced in Telos and all else will seem as a dream. But do dream on, for it's your dream to be here that will bring you here even sooner. For time is an illusion, as it weaves its way around your lifetimes, making them seem to progress rather than simply express the new you in the moment. *I am Adama.*

We Wait for You at the Gates of Telos

We wait for you at the gates of Telos, for your telepathic connection to our soul. Since our souls are One, we are really waiting for us to connect with us. Isn't this so? My, what a mystery it all is. We thank you for connecting with us today. Even though it is late in your day, we are glad you found the time, or should we say "Will", to connect in with us, at the portal to Telos. **Your heart is a portal, and your wish or desire**

to talk to us is relayed through space and time and finds us waiting for you, wherever we are in Telos. We stop what we are doing, sit down, and open our receptors to receive your transmission of thoughts and feelings. So this is how it is, at least one of the ways you always find us ready and waiting for you. We are laughing too, right alongside you.

And now we begin. Our hearts are filled with so much love for all of humanity, as we see them struggling through their work day, trying to make sense of it all. But believe me, there is no sense to struggle, as you can attest. It serves no purpose, except to alienate people from the joy and purpose of living on the Earth. People wonder what this is all about, why did they come here to struggle? Well they didn't. It was the forces of darkness that instituted this way of life, to keep people from having the time to know who they are. You see, time is so crucial to evolvement. Without the time to explore yourself, to explore the world around you, to explore your relationships, you cannot figure out what life is about, so you go on struggling with no hope in sight, and no relief at the end. It is a sad way to live, especially with all the opportunities available that people cannot delve into because they are always too tired from struggling through the Earth game.

Well, this game is about to end. The extremes of polarity are merging now, and soon there won't be the sharp differences or demarcations separating people into different camps of thoughts or ideologies. The Light is increasing, and as it does people will be moving into the higher Light frequencies and will be able to see through the struggles, and how it was all a "set-up" to keep them enslaved and isolated from finding their true identity.

You will see great changes taking place now, and the game will be seen for what it is, and people will revolt out from their position of

slavery into that of freedom. Freedom to take the time to learn about themselves and the Earth and Galaxy. All the information that has been kept a secret for so long will now be released, and there will be a great celebration of bravado on the Earth plane, that will be heard throughout the Galactic Frontier.

Just hold on a little longer, and you will have the freedom to come and go and travel at a heart's whim to wherever you desire. All will be free, and all life will rejoice. Your heart's desire to be in Telos with your family once again will be honored. Actually, you will be the one to manifest this desire once you are in Shasta. Yes, she is still calling to you as you are still calling to her. Your heart's desires will come true. I am *Rosalia,* standing by the gate, waiting for your return home.

Gates to Telos—A Portal of Entry

Greetings from Telos. I am *Rosalia* , once again greeting you as I stand by the Gates to Telos—a Portal of Entry that will bring you swiftly inside to where I reside.

Portals are vast light enclosed passages that transport you bodily in the twinkling of an eye to your destination that you earmark or intend by your thought projection.

This will become easier and easier to do as the Earth's vibration is drastically increasing as we draw closer and closer to the End Times —the end of the Mayan Calendar of 2012—less than four years away.

The Arcturian Stargate that was anchored in Mt. Shasta on 7-7-7 (July 7, 2007) is holding the energy for Earth's ascension and broadcasting it directly from the Central Sun, through Arcturus, through Mt. Shasta—and then spreading it throughout the Earth in

magnetic waves of Love energy.

It is the frequency of Love that is permeating the Earth plane through the Crystalline Grids and meridians criss-crossing through Earth. All is in a heightened state of exposure—exposure to the Love Vibration. And as it fills the Earth plane and fills your senses, you delight in its joyous fragrance. It is the fragrance of Joy infused with Love, which equals Light.

As you are lifted by this infusion you are brought closer and closer to the **Ascension Portals on Earth,** and there are now many of them scattered around and more particularly stationed on Sacred Sites.

We know you are all longing to come inside our City of Light and we watch and wait for your approach to our sacred Mountain, for surely some of you will be entering soon. In the past, only a few souls were allowed in; and once in, remained with us or traveled on to their home planet. That will be changing now, for some of you will request to return to the surface and this will be granted to you since it is now time for the populace at large to know of our existence. And you will be the messengers with direct experience of being inside with us.

This next step will be unfolding soon as night leads into day, and the Light keeps increasing in brightness until all becomes one globe of pulsating bright Light moving you all through the Portals into our arms.

Jade Healing Temple

Adama is here. *Rosalia* is here also, and wishes to speak. Keep focusing on your being with us in the Jade Healing Temple, for where your consciousness is, you are, and we can then work with your etheric body while you are in your home. Keep us in your

visualizations as much as possible, for this is our bond and brings about our merging more rapidly. Where you are in consciousness is where your body has to follow. **Remember, we stand at the gates!**

My Energy Covers the Mountain

I am Adama, and I speak to you of your experiences on the Mountain. I know how much you long for me to appear, but please don't look for me in someone else's body—for I would not be there. I am fully capable of using my own body to appear to you. I do not have to disguise myself, nor step into another person's body to appear to you. I do come out of the Mountain occasionally, but always in my own body—which still looks like age 30, hefty and strong, my hair still golden blond and shoulder length and I am still 7 feet, 2 inches tall.

All of us in Telos are very aware of your presence on the Mountain, and our love and energy enfold you all as you climb the paths and hold your meditations.

You don't need to ask others for validation of what you experience. Learn to validate your own experiences yourself. If you are feeling happy, do you ask others to validate your happiness? If you experience my energy, do you need to ask someone else if it was my energy? Learning to validate your own experiences is a step toward Mastership. Mastership is attained through discernment and owning your own experiences without having to ask others for validation.

My energy covers the Mountain—so when you walk on the Mountain you walk with me, for I am energetically beside you whether you feel my presence or not. And if you felt my energy it was because you tapped into my energy field.

The use of common sense and discernment are still necessary—even in the state of excitement.

I Am the Mountain

We are the elements composing Mt. Shasta, and our aura stretches for miles wide. You think we are stable but we wobble. Shimmer is more the term. We are not stationary as your eyes perceive. We move in and out of the dimensions and glow with light. It is only in this third dimension that we appear not to move. We are each speck of dust you see, each stone and boulder that you pass as you walk our paths. We are alive with consciousness, and perceive all that transpires all around us. Every word, every movement, is recorded within our matrix, and we remember everything. We may be small, but we are wise, and together we comprise this great mountain. We are her components, and she is grand indeed. She is the **Spirit of Shasta,** all decked out in her finest greenery in summer, and her snowy white cape in winter. She is a delight to the eye. All who tread upon her path are blessed with her energies of unconditional love. Although we elements are tiny to the eye and separate, all together we are monumental.

Your Mountain Home

You are all being drawn back to your Mountain home now, and soon a great conclave of Light will form at our base and will ignite the Spirit of Shasta into the glory that she is.

We wait patiently in our home inside for all to unfold, and for you, our family, to return. All is in place for your imminent return into the Mountain. *I am Adama.*

THANK YOU FOR TRAVELING
WITH US UNDERGROUND

Adama

Secrets of the Subterranean Cities, by Juliette Sweet

The Agartha Network

Think of Shamballa the Lesser as the United Nations of over 100 Subterranean Cities that form the Agartha Network. It is, indeed, the seat of government for the inner world. While Shamballa the Lesser is an inner continent, its satellite colonies are smaller enclosed ecosystems located just beneath the Earth's crust or discreetly within mountains. All cities in the Agartha Network are physical, and are of the light, meaning that they are benevolent spiritually-based societies who follow the Christic teachings of the Order of Melchizedek. Quite simply, they continue in the tradition of the great mystery schools of the surface, honoring such beings as Jesus, Buddha, Isis and Osiris… all of the Ascended Masters that we of the surface know and love, in addition to spiritual teachers of their own longstanding heritage.

Why did they choose to live underground? Consider the magnitude of the geological Earth changes that have swept the surface over the past 100,000 years. Consider the lengthy Atlantean-Lemurian war and the power of thermonuclear weaponry that eventually sank and destroyed these two highly advanced civilizations. The Sahara, the Gobi, the Australian Outback, and the deserts of the U.S. are but a few examples of the devastation that resulted. The sub-cities were created as refuges for the people and as safe havens for sacred records, teachings, and technologies that were cherished by these ancient cultures.

Capitol Cities

POSID: Primary Atlantean outpost, located beneath the Mato Grosso plains region of Brazil. Population: 1.3 million.

SHONSHE: Refuge of the Uighur culture, a branch of the Lemurians who chose to form their own colonies 50,000 years ago. Entrance is guarded by a Himalayan Lamasery. Population: 3/4 million.

RAMA: Remnant of the surface city of Rama, India. Located near Jaipur. Inhabitants are known for their classic Hindu features. Population: 1 million.

SHINGWA: Remnant of the northern migration of the Uighurs. Located on the border of Mongolia and China. Population: ¾ million.

TELOS: Primary Lemurian outpost located within Mt. Shasta, with a small secondary city in Mt. Lassen, California, USA. Telos translated means “Communication with Spirit”. Population: 1.5 million.

Spotlight on Telos

How can over a million people make their home inside Mt. Shasta? While we’re stretching our imaginations, our neighbors, the Japanese, have already blueprinted underground cities in answer to their surface area problem. Sub-city habitation has, for thousands of years, been a natural vehicle for human evolution. Now, here is a peek at a well-thought-out ecosystem.

The dimensions of this domed city are approximately 1.5 miles wide by 2 miles deep. Telos is comprised of 5 levels.

LEVEL 1: This top level is the center of commerce, education, and administration. The pyramid-shaped temple is the central structure and has a capacity of 50,000. Surrounding it are government

buildings, the equivalent of a courthouse that promotes an enlightened judicial system, halls of records, arts and entertainment facilities, a hotel for visiting foreign emissaries, a palace which houses the “Ra and Rana Mu” (the reigning King and Queen of the royal Lemurian lineage), a communications tower, a spaceport, schools, food and clothing dispatches, and most residences.

LEVEL 2: A manufacturing center as well as a residential level. Houses are circular in shape and dust-free because of it. Like surface living, housing for singles, couples and extended families is the norm.

LEVEL 3: Hydroponic gardens. Highly advanced hydroponic technology feeds the entire city, with some to spare for intercity commerce. All crops yield larger and tastier fruits, veggies, and soy products that make for a varied and fun diet for Telosians. Now completely vegetarian, the Agartha Cities have taken meat substitutes to new heights.

LEVEL 4: More hydroponic gardens, more manufacturing and some natural park areas.

LEVEL 5: The Nature level. Set about a mile beneath surface ground level, this area is a large natural environment. It serves as a habitat for a wide variety of animals, including those many extinct on the surface. All species have been bred in a non-violent atmosphere, and those that might be carnivorous on the surface now enjoy soy steaks and human interaction. Here you can romp with a Saber-Toothed Tiger with wild abandon. Together with the other plant levels, enough oxygen is produced to sustain the biosphere.

LANGUAGE: While dialects vary from city to city, “Solara Maru”, translated as the “Solar Language”, is commonly spoken. This is the

root language for our sacred languages such as Sanskrit and Hebrew.

GOVERNMENT: A Council of Twelve, six men and six women, together with the Ra and Rana Mu, do collective problem solving and serve as guides and guardians of the people. Positions of royalty, such as are held by the Ra and Rana Mu, are regarded as ones of responsibility in upholding God's divine plan. The High Priest, an Ascended Master named Adama, is also an official representative.

COMPUTERS: The Agarthean computer system is amino-acid based and serves a vast array of functions. All of the sub-cities are linked by this highly spiritualized information network. The system monitors inter-city and galactic communication, while simultaneously serving the needs of the individual at home. It can, for instance, report your body's vitamin or mineral deficiencies or, when necessary, convey pertinent information from the akashic records for personal growth.

MONEY: Non-existent. All inhabitants' basic needs are taken care of. Luxuries are exchanged via a sophisticated barter system.

TRANSPORTATION: Moving sidewalks, inter-level elevators, and electromagnetic sleds resembling our snowmobiles within the city. For travel between cities, residents take "the Tube", an electromagnetic subway system capable of speeds up to 3,000 m.p.h. Yes, Agartheans are well versed in intergalactic etiquette and are members of the Confederation of Planets. Space travel has been perfected, as has the ability for interdimensional shifts that render these ships undetectable.

ENTERTAINMENT: Theatre, concerts, and a wide variety of the arts. Also, for you Trekkies, the Holodecks. Program your favorite

movie or chapter in Earth history and become a part of it!

CHILDBIRTH: A painless three months, not nine. A very sacred process whereby, upon conception, a woman will go to the temple for three days, immediately welcoming the child with beautiful music, thoughts, and imagery. Water birthing in the company of both parents is standard.

HEIGHT: Due to cultural differences, average heights of subterranean citizens vary — generally 6’5” to 7’5” in Telos, while nearly 12’ in Shamballa the Lesser.

AGE: Unlimited. Death by degeneration is simply not a reality in Telos. Most Agartheans choose to look an age between 30 and 40 and stay there, while, technically, they may be thousands of years old. By not believing in death, this society is not limited by it. Upon completing a desired experience, one can disincarnate at will.

ASCENSION: Absolutely, and much easier and more common than on the surface. Ascension is the ultimate goal of temple training.

Why have they stayed underground all this time? In part, because the Agartheans have learned the futility of war and violence and are patiently waiting for us to draw the same conclusion. They are such gentle folk that even our judgemental thoughts are physically harmful to them. Secrecy has been their protection. Until now the truth of their existence has been veiled by Spirit. When can we visit? Our entrance to the sub-cities depends on the purity of our intentions and our capacity to think positively. A warm welcome from both worlds is the ideal and must be expressed by more than just the lightworking community.

Currently, a few hundred brave subterraneans are working on the

surface. In order to blend with the masses, they have undergone temporary cellular change so that, physically, they don't tower above the rest of us. They may be recognized by their gentle, sensitive nature and somewhat mysterious accent. We wish to introduce you to Princess Sharula Aurora Dux, the daughter of the Ra and Rana Mu of Telos. Sharula has been officially appointed Ambassador to the surface world by the Agartha Network. She was born in 1725, and looks 30. This article is courtesy of her firsthand experience.

(Printed with the permission of World Ascension Network / Telos Press, copyright 1993.)

What is the Purpose of Life?
"The Purpose of Life is to Grow in
Knowledge of the ONE Creator."

What is the Essence of Life?
"The Essence of Life is to know
the Creator as Yourself."

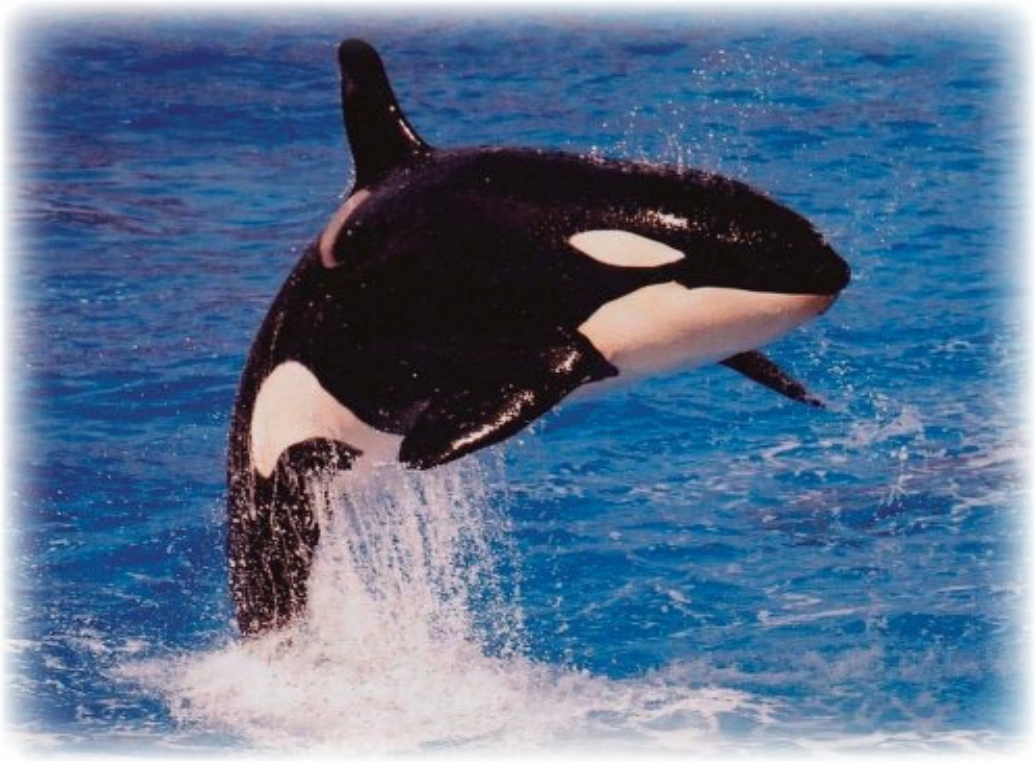
What is Life?
"Life is the Supreme Joy and Delight
of experiencing ALL THAT IS."

Jesus

Other Books by Dianne Robbins

The Call Goes Out

from the Cetacean Nation



Interspecies Communication of Love & Wisdom

Messages from Whales, Dolphins, & Porpoises, including Keiko, Star of the "Free Willy" Movies

Dianne Robbins

The Call Goes Out from the Cetacean Nation

Interspecies Communication with Whales, Porpoises, and Dolphins

- A series of messages channeled from the Cetacean species—whales, porpoises, and dolphins.
- Graphically spells out why they are here on Earth, how they work with the Confederation of Planets, and how we interfere with their mission.
- Readers will have their eyes opened to the rich family and cultural life of other intelligent species on this planet.
- Contains messages from Keiko, Star of the *Free Willy* movies.

Dianne has been a telepathic channel for the Cetaceans in previous incarnations, and channels the ONE GROUP MIND of the Cetaceans. Since early on, she has been connected to the Cetaceans, and was an active member of Green Peace in the seventies. At that time, however, she didn't realize that she could hear them speaking to her.

In a personal message to Dianne, they expressed the following: "We are the Cetaceans, awake also at this early Earth hour, floating along with the currents and sending our love to all on Earth in their sleep state. We breathe the clean air as it comes in off the shore, where humanity hasn't yet polluted it with exhaust fumes from their automobiles and factories. These early hours are the sweetest and the cleanest time to breathe deeply, for the vigor of God deeply permeates the air at these early hours. Keep your heart space open to our transmissions; for although our species differ in form, in consciousness we are one.

"We are here in our full consciousness, waiting patiently for Earth's children to bloom into the Caretakers you were meant to be. Your DNA was tampered with by past civilizations and by renegades from Outer Space. This has slowed down your evolution to the point where up to now you were barely crawling. With the huge input of energy being directed to your Earth within the last few years, your evolution is again picking up speed, and you will soon blast off into full consciousness, and will at last be with us in the higher dimensions."

This work of attunement is also a call for help. Help required for the waste that is dumped into the oceans. For the melting of the polar caps due to air pollution and destruction of the Rain Forests. And for our need to listen to the Earth and hear her messages. Indeed, the reader will find the insightful words of Keiko, Star of the *Free Willy* movies; Corky, an Orca Whale incarcerated in Sea World, San Diego, California; and Lolita, an Orca Whale, imprisoned in the Sea Aquarium in Miami, Florida, among others.

"LAILEL, Dianne Robbins, has brought us a masterpiece of compassion that should be required reading for all who care about our planet and our future."

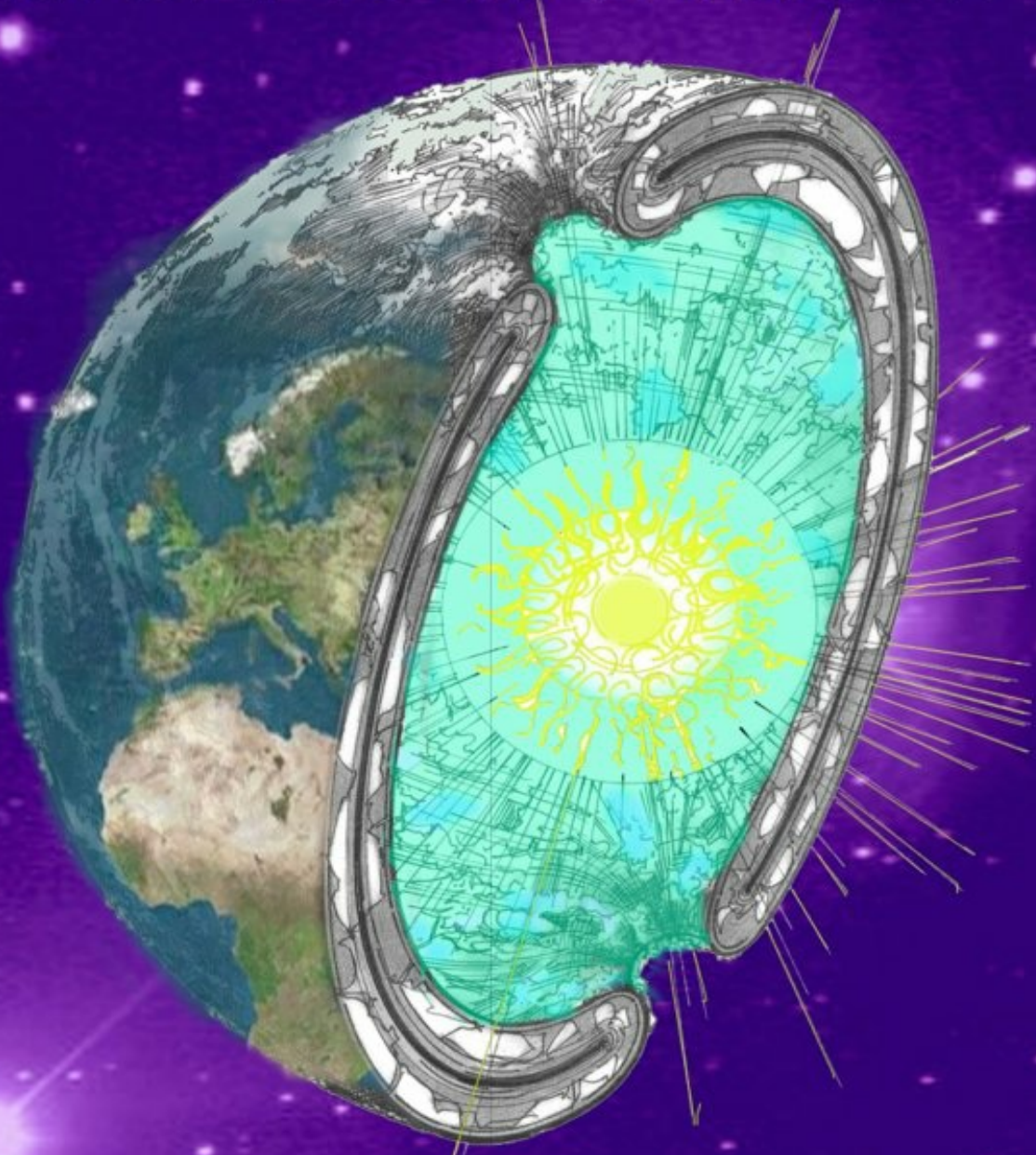
— Richard Fuller, Metaphysical Reviews; www.metarev.com

You can order *The Call Goes Out from the Cetacean Nation* directly from:

Dianne Robbins
www.DianneRobbins.com
TelosMtShasta@gmail.com
585-802-4530

ISBN:
978-0-9837826-1-2 Paperback
978-0-9837826-5-0 E-Book

Messages from the HOLLOW EARTH



Dianne Robbins

Messages from the Hollow Earth

Not only is the Earth HOLLOW, but it is inhabited by Advanced Civilizations! Discover the existence of people who live in peace and brotherhood in the Center of our Earth, which is HOLLOW, with an Inner Central Sun, and oceans and mountains still in their pristine state.

Visit the Library of Porthologos where all Earth's records are preserved. Discover the Lost Library of Alexandria!

YES — Our Earth Is HOLLOW

"And there's more to the Core than the myths of Yore"

- *All Planets Are Hollow*
- *Polar Openings at the North and South Poles*
- *Oceans, Mountains, and a Central Sun in Earth's Hollow Core*
- *Inner Earth is inhabited by Advanced Civilizations*
- *Ancient tunnel system exists inside Earth*
- *Underground network of Tunnels connecting every large city*
- *Spaceports inside of Earth*
- *Electro-magnetic vehicles that levitate*
- *Library of Porthologos in Center of Earth holds all Earth's records*
- *Inner Oceans are Teeming with Life*

Excerpt from ***Messages from the Hollow Earth: Trees and Cetaceans Are Both Stewards***

Spend time outdoors, not locked up in your houses. Spend time just sitting with the trees and walking in the woods, and notice the life force returning to you, invigorating you and balancing your emotional body. **Nature is a great antidote for your society's ills — and it's free for all to receive. You don't need to consult a physician for a prescription; the trees will dispense it to you for free. Why do you think they are here — only to grace your landscape?**

The trees are Majestic Beings, evolved beyond anything your thoughts can picture. They wait for you to recognize them also as the stewards of the land, as the Cetaceans are the stewards of the sea, always giving you the oxygen you need, and absorbing the pollutants you create.

And what do you do in return for this gift of life? You cut them down, you move them out of your way, and you ignore them.

They are yearning to communicate with you, yearning to feel your touch and embrace you in their love and energy. Go to them, talk to them, sit with them, as they stand vigilant over your homes and communities as protectors of your very lives. Talk to them, and they will answer. They have been waiting eons to have humans reconnect to them again.

The following review of *Messages from the Hollow Earth* is by BRANTON (BRuce AlaN WalTON), Hollow Earth Researcher

www.angelfire.com/space/branton/signature.html

Imagine a perfect garden on a warm summer day, the sunshine only obscured now and then by cool clouds drifting overhead. However, this day does not end, but is continual, since the "Sun" (the "Central Sun" within the heart of the Earth) never moves. This body of light is just the right size and intensity to keep the inner surface at a warm (not cold nor hot) temperature perpetually. Since there is no "night" there, the inhabitants simply take occasional "naps" to replenish their energy.

This is the setting just outside the library of "Porthologos", which is a magnificent jeweled structure such as has no equal on the surface of the Earth, like a structure out of a living dream.

Porthologos is not just a library, but also a holographic "observatory" of our multi-dimensional universe, where all spaces, times, and dimensions may be studied in depth. Truly, Porthologos is a "doorway" to the Omniverse.…In Porthologos, you will meet people from other worlds in space, from various

underground cities, and even from other dimensions as well.

Unlike our Internet, Porthologos has a Psi-net much like the virtual-reality chairs and helmets that you see in the movies. However it is not “virtual” reality, but “true” reality, as the Psi-net takes you through the virtual galactic info-net to explore other worlds and dimensions with your thoughts AND feelings.

Or, you may experience the crystalline recordings of all the recorded history of our Omniverse, if you wish.

Before the deluge, a canopy or firmament surrounded the entire planet, blocking out the harmful radiations of the Sun. This is why centurions lived to be over 900 years old. But with the falling of this canopy, the protective shield was lost, and man’s lifespan decreased dramatically.

The inner sun, with its electro-magnetically-focused “auroral” nature (its reflection is sometimes seen through the northern and southern openings as the “polar lights”), does not possess the harmful radiation that would otherwise deplete the life-force of its inhabitants, causing these inhabitants to live in the hundreds of years. Some of these Inner dwellers, like Mikos himself, live to be many thousands of years old. With the canopy that once covered the Earth, the outer surface was once as lush as the inner surface. However, with the fall of the protective canopy that kept the outer planet at an even climate, and blocked out the harmful radiations, the inner surface alone remains in an “Edenic” state.

Most of the cities in the inner surface are underground within the vast caverns of the inner crust, in order to protect and preserve the natural beauty and foliage of the inner surface. All the buildings on the surface of the inner hollow sphere are circular, rather than possessing sharp corners.

The crust of the planet is 800 miles thick between the inner and outer surfaces. Since the center of gravity is not the center of the Earth, but some 400 miles down from each surface of our “hollow” sphere, those on the inner sphere might seem to live in an upside-down state from us (just like those living on opposite sides of the outer sphere).

The inner surface of the Earth contains only one-half of the gravity as the outer surface. In other words, if one weighed 200 pounds on the outer surface, they would weigh only 100 pounds on the inner surface, possibly explaining why some of these people are nearly twice our size.

Just inside the polar openings there are vast “spaceports” which accommodate galactic visitors who come to visit their friends within the Earth.

MESSAGES FROM THE HOLLOW EARTH is a must-read, if one is interested in knowing the truth about this strange and wonderful world in which we live, a world that plays such a central role in the history and destiny of the human race in this grand universe.

You can order this book directly from:

Dianne Robbins
www.DianneRobbins.com
TelosMtShasta@gmail.com
585-802-4530

ISBN:
978-0-9837826-2-9 Paperback
978-0-9837826-6-7 E-Book

Tree Talk

Dianne Robbins
and the Tree People

Tree Talk

T aking

R esponsibility for the

E arth and

E nvironment

We Are All ONE

A Note from the Author to "Hug a Tree"

Just as the Cetaceans are the Earth's Record Keepers living in the Oceans, do you know that the TREES are the Record Keepers living on Land?

The Trees comprise a "vast underground communication network" system that transmits information so that all Trees, everywhere on Earth, know instantly all that occurs. They are Living Libraries embodied in bark that we, as humans, can easily "tap" into (note the term "tap root" — we can tap into their vast library). Their "line" is always open to us, so tap into it — they are eagerly awaiting our call. They are waiting for us to acknowledge them as the **TREE PEOPLE.**

For uncensored worldwide news and answers to any question, Hug a Tree — it not only saves paper, but their lives as well.

We Trees Are Record Keepers

We are the Trees. We, too, are Record Keepers. Our branches are layered with information. Our leaves are recording plates that capture your words and actions as you walk by.

You can talk to us and we will record your words, even your nuances of speech. It is like turning a dial on a recording device and you talk into it. We are better than that, since we don't run on technology — it is built into us.

Our leaves look thin to your eyes, yet hold volumes of information that appears automatically to you in vision and sound when you "switch on" to us. We are self-contained books holding the records of the Earth. As our leaves sway to and fro in the wind we are sweeping the ethers and picking up pertinent information that is necessary to sustain life. It is all encoded, and you can easily break the code. We can answer any question you ask, if you just learn to hear us. We speak loud and clear to your heart — not your ear.

We Trees comprise a vast underground communications network that records all events and is privy to all that is about to occur. **If you want to know what is going to happen anywhere on Earth, just stand next to one of us, put your hand on our trunk, and ask your question. We will answer.**

We trees are guardians — sentinels stationed on Earth to serve here along with you in partnership as caretakers. We are encoded with cosmic intelligence and graced by the Divine just as you are — only we are aware of our gifts and use them to create only harmony.

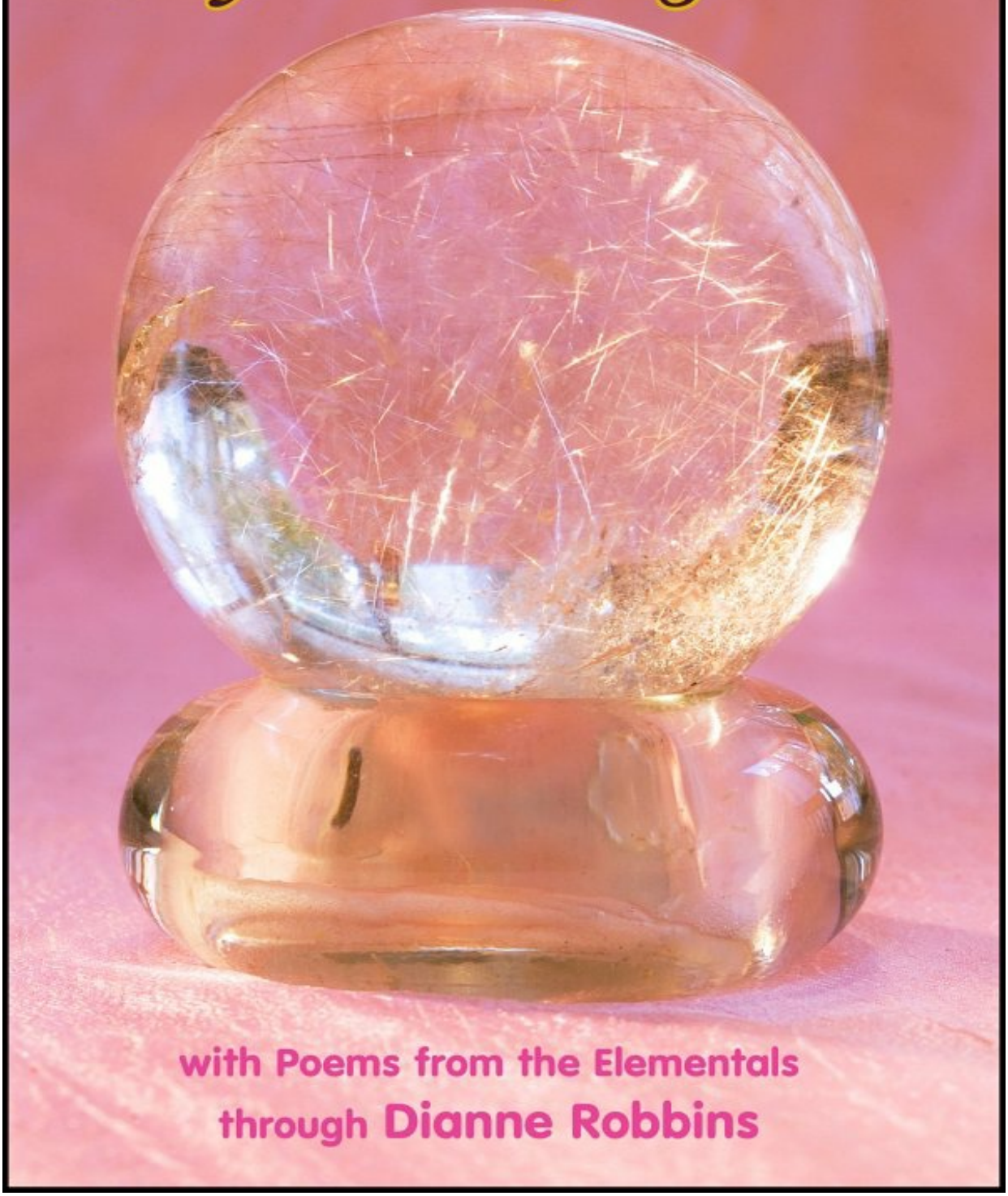
You can read us as we read you — you are a Living Library and can turn the pages within your soul to access all there is to know. It is built into you… it is you. This is why your DNA is so sought after and you have been so tampered with. You are a prize worth capturing, but no one can duplicate you. With all their technology they still cannot figure you out. Only the Creator knows the code.

You can order *Tree Talk* directly from:

Dianne Robbins
www.DianneRobbins.com
TelosMtShasta@gmail.com
585-802-4530

ISBN:
978-0-9849254-6-9 Paperback
978-0-9849254-5-2 E-Book

Messages from the Crystal Kingdom



with Poems from the Elementals

through Dianne Robbins

Messages from the Crystal Kingdom

We are the Crystal People, and we, too, have a tale to tell. It is time for you to know of the life styles we live deep within the Earth's crust, and how we can be partners with you.

Our depth is the cause for our clarity and brilliance of light, for we capture the heartbeat of Mother Earth, and it pulses within our encasement of pure crystal. We are encased in crystal bodies, waiting deep underground for you to make your connection to our souls. Yes, we do have souls, as all Elements are alive, awake, and conscious of the world around them, all vibrating at various degrees of alertness.

We carry records of events and history of the Earth in our crystalline matrix. We came to boost your vibrations through our crystalline web of inter-connectiveness with "All That Is". For we can connect you to whomever you want to be connected to. We are a great connective force residing under your surface, ready to emerge at any time to show you our power and strength and how we emit the life force through all who connect with us. We came to help you peel away the layers of dross that have surrounded your bodies and minds and feelings, so that you can see clearly through the illusion you reside in so that you can get out of the matrix of mass consciousness.

We vibrate at the highest level of vibration, much higher than most humans have attained. When you wear us around your necks, or hold us in your hand, your electrons then start to raise their vibration to match ours, and you are given a vibrational lift, moving you closer to the vibration of unconditional love.

www.DianneRobbins.com
TelosMtShasta@gmail.com
585-802-4530

ISBN:
978-0-9849254-7-6 Paperback

978-0-9849254-8-3 Large Print
978-0-9849254-9-0 E-Book

About the Author

As a child, I used to stand outside and look up at the night sky, and wonder where, in the starry heavens above, was my home. In 1990, when I was listening to the music of the Moody Blues and heard their song “I Know You’re Out There Somewhere,” it suddenly flooded me with memories and I instantly knew there was a whole other world out there, just waiting to communicate with me. I began a process of meditation that reawakened me to the remembrance that I am a telepathic receiver and transmitter for the Inner-Earth terrestrials, Cetaceans, and Nature Kingdom. I also awakened to my divine mission and role for this lifetime.

I tapped into the cosmos and connected to the Cetaceans (Whales and Dolphins), Adama in the Subterranean City of Telos, Mikos in the Hollow Earth, the Ascended Masters, the Ashtar Command of the Confederation of Planets, Nature Spirits and Trees. I no longer felt alone, but suddenly connected to Beings everywhere through the telepathic phone lines that exist throughout the cosmos. My communication with Adama has reconnected me to who I am and why I am here, and I discovered that I am connected to all life—everywhere—not just on Earth, but all life throughout our Milky Way

Galaxy.

With this new sense of purpose, I have dedicated my life to receiving, transcribing, and publishing my telepathic transmissions from Beings residing in Higher Realms of consciousness. My goal is to spread these messages around the globe in hopes of awakening surface humans to the existence of those that inhabit the Oceans, Subterranean Realms, and Hollow Earth through the publication of my books.

The earliest messages came from the Cetaceans and are in my first book: *The Call Goes Out from the Cetacean Nation.* My second book is *Telos,* my third is *Messages from the Hollow Earth,* my fourth book is *Tree Talk* and my fifth book is *Messages from the Crystal Kingdom.*

Much of my inspiration comes from communing with nature through long walks in the woods, sitting under my favorite tree in my backyard, and spending time on the Mountain of Mt. Shasta. I am now living in Mt. Shasta, because it has long been my heart's desire to return home.

I am a student of the Ascended Master Teachings through the Radiant Rose Academy. The Radiant Rose Academy is the Earthly Instrument for this New Dispensation through which the continuation of Progressive Revelation can reach the people of Earth. This is the Dispensation bringing the Divine Feminine back to Earth through Mother Akasha's Rose Pink Rays and Flames of Divine Love, Will and Grace from the Heart of the Great Central Sun. These are the same Ascended Master Teachings that were taught to Jesus, that prepared him for his Resurrection and Ascension.

Recommended Reading for those on the Ascension Path: Saint Germain's books by Godfre Ray King: *The Magic Presence* and *Unveiled Mysteries.* St. Germain Press, 800.662.2800

Radiant Rose Academy

Vancouver, Canada 604.267.0985

www.akashaonline.com